#151
September 2025

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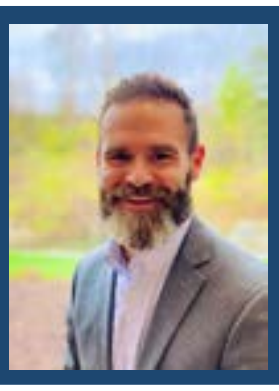

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Demo Rinpoche at the Crazy Wisdom Salon

Wednesday, October 22nd, 7 p.m.

at Crazy Wisdom Bookstore in the Upstairs Celestial Lounge

Demo Rinpoche, Spiritual Director of Jewel Heart Tibetan Buddhist Learning Center, in Conversation with Crazy Wisdom's Bill Zirinsky.

A Public Q+A with the 44 year old Tibetan Buddhist monk and incarnate lama, who leads Jewel Heart, the Ann Arbor-based Tibetan Buddhist Center, recognized nationally and internationally as a center of Buddhist teaching. Demo Rinpoche has spent most of his life studying in monasteries in India with thousands of other monks, and under the Dalai Lama's direct supervision, and he now lives on his own in a simple apartment in Ypsilanti, Michigan. He is the nephew of the late Gelek Rimpoche, founder of Jewel Heart Tibetan Buddhist Learning Center. Since 2018, he has served as Jewel Heart's Resident Spiritual Director.

Rinpoche has an impressive resume of lifelong monastic and religious studies starting at age five, when he entered Drepung Loseling Monastery in Mundgod. He officially joined the monastery in 1987 where he spent nearly thirty years of uninterrupted education in meditation, debate, memorization, philosophy, and composition under the Dalai Lama's direct supervision. After completing his studies at Drepung, Rinpoche received the highest monastic degree of Geshe Lharampa from Gelugpa University in India in 2011. He continued his studies at Gyume Tantric College and was a visiting scholar under the auspices of the Dalai Lama at Sarah College of Higher Tibetan Studies in Dharamsala. At the request of the late Gelek Rimpoche, Demo Rinpoche came to the United States, where he received his master's degree in Inter-Religious Engagement from Union Theological Seminary in New York City in 2018.

Bill Zirinsky will be engaging with Demo Rinpoche with questions and curiosity about Demo Rinpoche's life journey, his spiritual beliefs and practices, his personal interests and daily life, and his comments about life in southeastern Michigan. He will also invite active audience comments and questions.

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Peggy River Singer
Stuart Benbow
Jennifer Carson
Tana Dean
Carol Karr
Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news announcements, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month

Seatherny

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On the Cover

Barbara White & Dave Tuscany, co-founders of Mother Bear Sanctuary and Retreat Center. Photo taken by Tamara Wade. Read the article on page 33.

The fall issue of *The CW Journal* is here!

The Crazy Wisdom Community Journal

issue 90

Features

• Magical Michigan Road Trip • Mother Bear Sanctuary • Ode to The Arb
• Local Health Coaches
•Activities for Balancing Kid's Chakras .
..and more!

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From Our Current Issue

Ode to the Arb

Story and photos by Hilary Nichols

College students Maysen Gaulin and Josie Fairbanks enjoy the green spaces at The Arb.

When you step through the wrought iron gates along Geddes Boulevard into the hushed shady entrance of Nichols Arboretum, between a wide pea-stone path to the left and a thin deer trail to the right, sits the first bench to welcome you. Benches are placed along the river side, on overlooks, in meadows, along trails, in the Peony gardens, and in countless shaded areas throughout this 128-acre preserve, inviting anyone to rest and take in the grand expanse of nature.

As a land gift from Esther and Walter Nichols to the University of Michigan, with the stipulation that it be used as a botanical garden, Nichols Arboretum was designed by O.C. Simonds in 1907. Commonly known as The Arb, this preserve is at the heart of what makes Ann Arbor so wonderful. Over 400 species, including 110 species of trees, secures our claims to the name 'Tree Town.' Everyone in Ann Arbor has a story about the Arb.

"I love that it is so close but so far removed from the city sounds. Surrounded by these tall trees, you are within steps but also a world away from the hustle of city life," said college student Josie Fairbanks.

"I love all the bird calls we can hear from the marsh birds below to the ones swooping overhead. We were just deciding which Arb animal we would want to be, one of the chipmunks or that bunny," college student Maysen Gaulin pointed to the bunny hopping across the path.

"There is so much space to walk my dog. We love to come and make friends with all the dog lovers," visitor Sam Gross told me.

"We come here to sing and to feel embraced by nature, like home, in Senegal," said Fatima Diaw. Her friend and voice teacher, Fanta added, "I come to write songs and sing in a safe and inspiring space. I feel grounded here. You get back to who you are in nature."

"It is so peaceful and protected. I come to meditate. You can join us," said Jayme as her meditation group gathered to sit on the stone steps of River Front Landing.

Robert Grese, Professor Emeritus of Environment and Sustainability served as the director to the Arb and Matthai botanical gardens from 1999-2020. When the University shared their 2050 transportation plan that included an elevated monorail, called The Campus Connector, between North and Central campus to pass through the Arb, Grese reacted.

His nine-page letter to former President Ono is a deep history lesson and love letter to the Arb. The proposed transportation construction threatened the very fragile and crucial ecosystem of one of the biggest parks and hearts of Ann Arbor with its 3.5 miles of intricate trails, uplands, wetlands, river access, the peony gardens, the meadow, and annual events such as the Shakespeare at the Arb series. Professor Grese is passionate about this preserve. He shared "The construction of such an intrusive undertaking puts the very heart of our city in peril."

With his depth and detail of knowledge, Professor Grese left no stone unturned as he cited the impacts of past construction projects. "Were this to happen...this would permanently damage this cherished part of our University's and City Parks' heritage, affecting the experience of the approximate 350,000 visitors…looking for a quiet, restorative place to counter-balance the stress of life."

"Immediately I gathered my friends," said Rita Mitchell when she received the news from Bob Grasse last July. "These are the people you want in your corner. I knew we had to do something, and I knew my friends would react the same way," she reported. She held strong feelings about The Arb. "It is almost like walking through a magical door," she said. "This wonderfulness. There's a feeling of openness and an abundance of intricate sounds around me that is rare in a city."

"Rita and I work on so many different campaigns to try to protect our world," concerned citizen Lynda Asher said. "No one person can do everything, but everyone can do something. Put your foot in the game, or what is the point? Are you part of the community? Do you actually care?"

Asher has cared about the Arb ever since she first arrived in Ann Arbor in the 1970s. "I had never been to the Midwest, 'the God-forsaken Midwest,' as my family called it. On day three I met my neighbors. "Let's take you to the Arb, you will love the Arb' they said. I was in awe. It has always been this magical place to me." It is how she gauges potential friendships. "Their reaction to The Arb is a required value, they have to agree that this is a magical place," Asher added.

At an initial meeting at Argus Farm Stop, "Up came Sarah Nisbet overhearing our efforts," Mitchell recalled. "She joined in with us. Along with Megan Rose Simms they took on the title, 'Five Angry Women.' Together they crafted the language and put up a call for action to collect signatures to support their "Save the Arb' campaign on the public platform Change.org. community resource. For these reasons, U-M plans to only consider potential routes that would not pass through the Arb."

Read the rest of the story online!

From Our Archives

Meditation for Breakfast

By Trish Maley

At 6 a.m. I woke up to sit with my sangha. I showered and jumped on an early-morning Zoom meeting. Afterward, I had 30 minutes to whip up breakfast and eat before I had to pick up my other son.

I pulled out a pan and began frying eggs.

My 12-year-old son walked into the kitchen and opened the refrigerator.

“No milk?!” he snarled.

I had forgotten to pick it up the day before.

“There’s oat milk in there,” I said calmly.

“It’s gross! Great, this ruins my whole routine. Now I can’t eat breakfast!” He stormed off into his room and slammed the door.

I’m really good at anger; I always have been. The fight response in my threat system is ready to launch. If I wanted to slip back into my old baseline of anger in that moment, I had plenty of reasons to: I was in a rush, I was hungry, I was feeling unappreciated for the things I didn’t forget to do for my sons, I was feeling vulnerable at my son’s implication that my best wasn’t enough, and I was feeling blamed for “ruining” my son’s morning routine.

Read related article: Helping Our Children in Distress

To cope, I could have become entangled in a storyline of how undervalued I am. I could have distracted myself by eating a few chocolate chips. I could have grabbed my phone and began scrolling. I could have started daydreaming about being on a mountain top away from all of this. But, this is how I learned how to meditate: not sitting for hours on a mountain top, transcending into light-filled states, but embodying these mundane moments in the midst of daily life.

Mindful meditation is about seizing opportunities to find the aliveness in the present moment—whether it is pleasant or unpleasant. The social media version of meditation is peacefully sitting on a quiet beach or monastery, eyes closed, posture in perfect form. But on a busy weekday morning, I was standing in my kitchen over a stove.

I felt it was best to take a mindful moment with cooking to regulate my nervous system since it was right in front of me. For example, I noticed what a deep golden yellow the yolk was, and I watched the sides of the egg white, cradled by foaming butter, bubble in the hot pan. I listened to the soft sizzle the egg made as it cooked. The kitchen smelled of chocolatey undertone as coffee brewed, and I drew my attention to how cold the bottoms of my feet felt on the kitchen tile. Next, I took a deep breath from my lower belly to fill up my lungs, taking in sips of air, and slowly exhaled. Bringing in the senses and deep breathing engaged the “rest and repair ” part of my parasympathetic nervous system, which is key to emotional regulation.

I felt a shift, and it took about a minute to do.

I slid my egg onto a plate and sat at my kitchen table. As I ate, I was able to access clarity to note prominent feelings I was experiencing. This is an important step for me because it helps me honor my feelings; otherwise, my reflex is to dismiss my feelings. However, if I dismiss them, it lessens my capacity to kindly hold space for other beings.

Honoring my feelings helps me create space and access compassion for family, friends, and even strangers. For example, I had the capacity to consider that maybe my son was just hungry, or he felt unsupported by me with his new morning routine.

It took less than ten minutes to navigate a mindful process to help regulate myself and get clarity. I paused, brought in the senses, accessed a deep breath, sat in my discomfort and vulnerability, and noted my prominent feelings. I practice on small stuff like this, and I practice with the big stuff. It’s a lot of undoing and I’m not going to get it right every single time.

If I want to skillfully manage my anger, it requires both parts of mindfulness: self-awareness and lovingkindness. Self-awareness is bringing things like conditioning, beliefs, and patterns to the surface. Lovingkindness is holding that awareness without judgment.

At this point I felt regulated enough to have a direct conversation with my son. I cleared the table and knocked on his door. I found him on the floor slouched against the wall on his phone, looking up at me.

“Can we talk?” I asked.

“Yeah,” he said, putting down his phone.

“Next time you are upset about there being no milk in the house, can you please take a pause? And say, ‘Hey mom, when you go out today can you pick up milk? I really wanted to have cereal this morning,’” I said gently.

“I can’t. It just comes flying out of my mouth,” he said coldly.

“I know. I’m asking that you practice pausing.”

“I know, mom…” he said slowly smiling.

I smiled back because at that moment I knew he had remembered our conversations on pausing and reactivity. I’m not asking him to perfect pausing—my request of him was to simply practice it… just as I do.

Twin sisters Trish Maley and Joy Aleccia have a business called Embracing Stillness. Embracing Stillness was born during the pandemic in order to adress pandemic stress. They teach mindfulness to children, teenagers, and adults through private sessions up to large workshops in the workplace. Maley and Aleccia have families of their own and reside in the SoPac neighborhood. Follow them on Facebook @EmbracingStillness or on Instagram @Embracingstilnesswithjoy. They can be reached by emailing embracingstillnesswithjoy@gmail.com.

LET'S REIMAGINE LIBERTY PLAZA!

Downtown parks are for everyone. Creating and maintaining inviting public open spaces at the city center brings people together.

Liberty Plaza, located in Ann Arbor's downtown core, was created in 1977 and has changed little since then. With the increase in downtown residents in recent years, Liberty Plaza becomes more important as an open space park.

Limitations of the original design

Liberty Plaza is about a quarter of an acre, with stairs and ramps that descend from street level to the "garden level"of the adjacent, privately-owned property. A newsstand/bookstore in that space once attracted parkgoers, but it is long gone. The City of Ann Arbor has made occasional minor improvements to spruce up Liberty Plaza, but the park's physical design remains problematic.

Recreating Liberty Plaza

We can work together to reimagine Liberty Plaza! In the conceptual site plans (right) a potential redesign of Liberty Plaza shows the plaza raised to street level. The open space is a green lawn with a water feature for warm weather, converting to an ice-skating rink during winter. This concept anticipates the adjacent First Martin building reorienting its street-level commercial use toward the recreated plaza.

Potential sources of funding for Liberty Plaza's reinvention

DOWNTOWN DEVELOPMENT AUTHORITY
The DDA was created to reinvest tax dollars in the downtown. Attractive urban parks have a positive economic impact on surrounding businesses. The DDA would be an excellent partner in the redesign of Liberty Plaza.

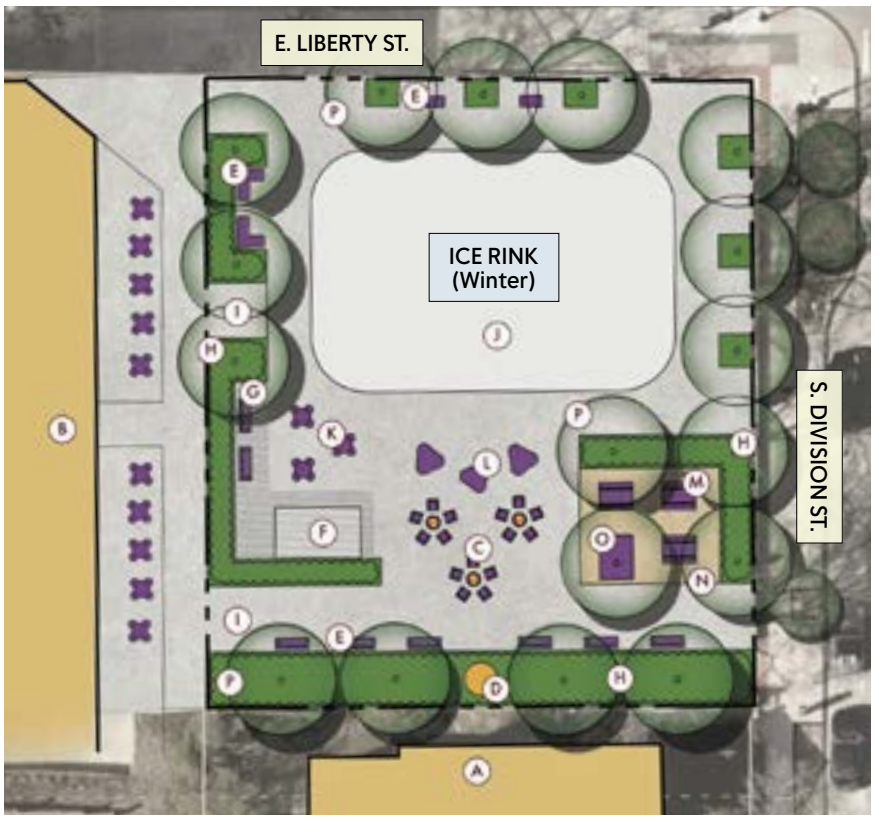
STATE GRANTS The City of Ann Arbor is eligible for millions of dollars in state funds earmarked for urban parks, including the MEDC's Michigan Talent Partnership grant program.

PRIVATE DONATIONS Public investment could be paired with fundraising from private sources. Contributions could come from individuals, businesses and foundations.

A PARK FOR ALL SEASONS

LANDMARKS & POSSIBLE PARK FEATURES

- (A) **Kempf House**
- (B) **First Martin redevelopment**
- (C) Splash pad
- (D) Sculpture
- (E) Benches
- (F) Shade structure with seating
- (G) Shade structure with bench swings
- (H) Planted area
- (I) Connection to First Martin building
- (J) Lawn area / Ice rink
- (K) Tables and chairs
- (L) Concrete benches
- (M) Communal tables
- (N) Aggregate surfacing
- (O) Seating platform/ planter
- (P) Trees



Let's create an inviting downtown park!

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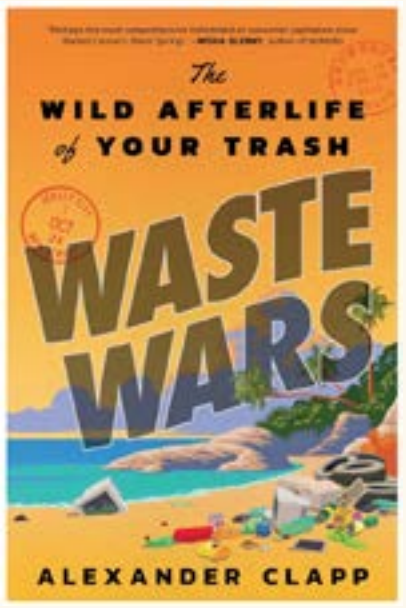
CW Book Picks *of the month*

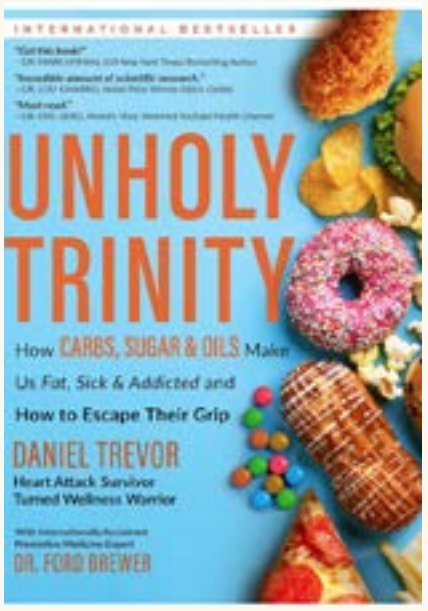


A globe-trotting work of relentless investigative reporting, this is the first major book to expose the catastrophic reality of the multi-billion-dollar global garbage trade.

Dumps and landfills around the world are overflowing. Disputes about what to do with the millions of tons of garbage generated every day have given rise to waste wars waged almost everywhere you look. Some are border skirmishes. Others hustle trash across thousands of miles and multiple oceans. But no matter the scale, one thing is true about almost all of them: few people have any idea they're happening.

Journalist Alexander Clapp spent two years roaming five continents to report deep inside the world of Javanese recycling gangsters, cruise ship dismantlers in the Aegean, Tanzanian plastic pickers, whistle-blowing environmentalists throughout the jungles of Guatemala, and a community of Ghanaian boys who burn Western cellphones and televisions for cents an hour, to tell readers what he has figured out: While some trash gets tossed onto roadsides or buried underground, much of it actually lives a secret hot potato second life, getting shipped, sold, re-sold, or smuggled from one country to another, often with devastating consequences for the poorest nations of the world.

Waste Wars is a jaw-dropping exposé of how and why, for the last forty years, our garbage — the stuff we deem so worthless we think nothing of throwing it away — has spawned a massive, globe-spanning, multi-billion-dollar economy, one that offloads our consumption footprints onto distant continents, pristine landscapes, and unsuspecting populations. If the handling of our trash reveals deeper truths about our Western society, what does the globalized business of garbage say about our world today? And what does it say about us?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DANIEL TREVOR
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Find out:

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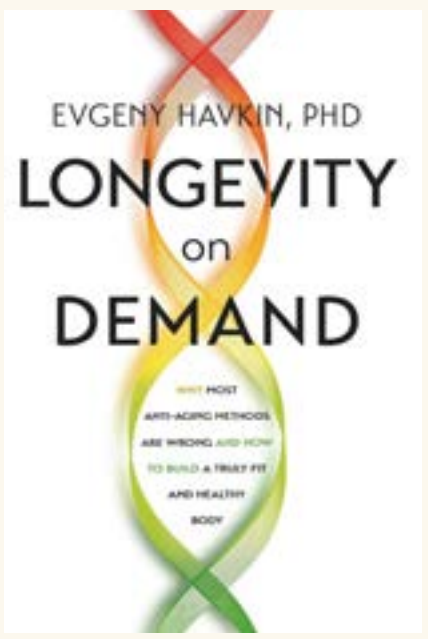
- Why do people with high cholesterol live the longest?
- What's the most important low-cost health test you've never had?
- What's the number one killer of women 10X breast cancer?
- Why do low-fat diets lower men's testosterone?
- Why are stents unnecessary 85% of the time?
- What large studies proved stents don't prevent heart attacks?
- Why can't stress tests predict your heart attack?
- What population eats the most meat and enjoys the longest lifespan?
- What's in most packaged foods to stimulate your opiate receptors?
- Why are Blue Zones called vegetarian when in fact they eat meat?

Discover why consuming industrially refined and processed carbohydrates, sugar, and vegetable seed oils (UNHOLY TRINITY) accelerates aging, triggers severe weight gain, and started many new-age ailments.

Symptom-free, Daniel Trevor thought he was "Mr. Healthy" but was an undiagnosed Type 2 diabetic, which was the root cause of his undiagnosed heart disease, undiagnosed fatty liver disease, and undiagnosed osteoporosis. Having studied technical data throughout his life he decided to dive into medical and nutrition science to discover how this could happen to him, and what he could do about it.



Why do health experts constantly contradict each other? Should you go vegan or eat more meat? Is cardio essential or overrated? Can you actually lower your biological age through fitness and diet alone—or is the anti-aging industry selling you a myth?

For decades, the science of longevity has been hijacked by influencers and commercialized trends, leading to misinformation and pseudoscientific methodologies. In Longevity on Demand, researcher and health, strength, and aging expert Dr. Evgeny Havkin looks at the science behind the trends and fads of the 21st century, exposing why most anti-aging advice is flawed and revealing the real science behind building a strong, healthy body for life.

Through his groundbreaking approach based on fundamental biological laws, Havkin debunks popular myths and provides a clear, evidence-based strategy for demanding lasting health, strength, and longevity from our bodies. Inside, you'll discover:

How the health industry fooled us into creating an influencer economy

The truth about cardio, supplements, and fat loss: what works, what doesn't, and why

The biological principles that dictate real health and longevity

How to design a fitness and nutrition plan tailored to your body—not trends

Forget the hype. Longevity on Demand is not another health trend—it's a radical reevaluation of everything we think we know about aging, fitness, and well-being. Whether you're looking to optimize your health, reclaim your strength, or simply age on your own terms, this book will change the way you think about longevity—forever.

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September through December 2025

THE CRAZY WISDOM CALENDAR

Calendar edited by Kaili Brooks

A Course in Miracles

A Course in Miracles Study Group with David Bell • Ongoing Mondays • 6:45 to 8:45 p.m. • All are invited to join a group reading and discussion of the text of *A Course in Miracles* (Foundation for Inner Peace). Additional supporting works are also presented and discussed. In-person and on Zoom. Donations accepted. For more information contact David at (734) 646-8475 or visit interfaithspirit.org.

A Course in Miracles Study Group with Randall Counts: Zoom Only • Ongoing Thursdays • 7:30 to 8:30 p.m. • The focus of the group is on practical application of Course principles to daily life. There is a mix of reading passages from the text, lessons or manual for teachers, and participant sharing of experiences as relate to those passages. Donations accepted. For more information contact Randall at (517) 750-8087 or visit interfaithspirit.org.

Animals and Pets

Irene's Dog Massage Class with Irene's Myomassology Institute • Saturday, October 18 • 11:00 a.m. to 1:00 p.m. • Give your pup the ultimate treat—a relaxing massage from their favorite human (that's you). This fun, hands-on class teaches you simple, safe techniques to help your dog feel their best. Students will need to bring a dog to practice during on class. All shots must be up to date. $25. For more information contact the Institute at contact@irenes.edu or visit irenes.edu.

Art and Craft

Ann Arbor Gallery Nights "Conversations with Chris" with Chris Nordin Studios Gallery • Thursday, September 18 • 7 to 8:00 p.m. • Chris, Erik, & Israel Nordin: A Journey of Creation with Three Brothers: An informal discussion about the background, creative accomplishments, and energy of these three amazing artists/entrepreneurs. Come to the gallery for an enjoyable evening of discovery and conversations. FREE. For more information contact Rita at (734) 834-2952.

Opening Art Reception with Chris Nordin Studios Gallery • Friday, October 3 • 5 to 8:00 p.m. • Opening Reception for featured, guest artist Ann O. Hilton. Join us to celebrate fine art, conversation, and enjoy some treats. FREE. For more information contact Rita at (734) 834-2952.

Willow Basket Weaving with Michael Schoenberg & Deanne Bednar • Saturday, October 25 • 10:00 a.m. to 5:00 p.m. • Come to enchanting thatched Strawbale Studio and learn to make a traditional Egg Basket from willow harvested on-site! In this frame basketry class, we will cover how to collect/process a variety of commonly found materials, harvest willow, and weave a useful, beautiful basket for gathering eggs, market shopping, forest foraging or gifting! $80 (includes all materials). For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

The Art, Science & Reciprocity of EcoCreativity with Robin Lily Goldberg • Monday, December 1, 8, & 15 • 6 to 7:00 p.m. • This interdisciplinary series illustrates how meaningful poems, stories, and paintings can emerge through co-creating with the Earth. We'll draw inspiration from visionary writers and artists to experience the regenerative benefits of collaborating with our environments. Everyone has creative capacities within, and everyone is welcome. $45. For more information contact Robin at robinlily@outlook.com.

Ayurveda

Ayurveda and Meditation with Dr. Kapila Castoldi • Sunday, October 19, 26, & November 2 • 2 to 4:00 p.m. • Meditation and Ayurveda share the same goal: to regain the lost connection with our true nature and thus achieve the body-vital-mind balance that brings about harmony and happiness in life. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Bodywork and Bodymind Therapies

Restorative Yoga & Reflexology Workshop with Andrea Astley Dinsdale of Crysterra Wellness • Friday, September 19 • 7 to 8:30 p.m. • Enjoy this gentle, calming yoga practice paired with the healing benefits of Reflexology. This deeply nurturing and informative workshop teaches stress/anxiety Reflexology points and techniques for self-application, as well as a mini-reflexology session from the instructor. Suitable for all fitness and experience levels. $30/$35. For more information visit crysterrawellness.com.

Hydrotherapy & Thermotherapy Certification Class with Mary Light • Saturday, October 4 • 9:30 a.m. to 4:30 p.m. • Hydrotherapy and thermotherapy applications for better bodywork outcomes—The science, the experience, the results. A hands-on class; all materials provided. $200. For more information contact Mary at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Book Discussion Groups

Dr. Sue Morter's Energy Codes: a Facilitated Exploration with Lisa Patrell • Wednesday, September 10, 17, & 24, October 1, 8, 15, 22, & 29, November 5 & 12 • 7:30 to 8:45 p.m. • Dr. Sue Morter developed the Energy Codes to offer radical transformation. The Energy Codes bridges ancient healing practices with science and is grounded with practical exercises and meditations. Lisa is a certified Facilitator and Coach of the Energy Codes. Proprietary and new material will be presented, discussed, and experienced. $469 paid in full or $159 in three monthly installments. An E-book edition is included. For more information contact Lisa at (734)274-6737, email lisapatrell@dellaureo.com, or visit dellaureo.com.

Book Events

***Fuzzy Caterpillar* Story Time & Book Signing with Rowena Conahan • Saturday, October 25 • 11 a.m. to 12:30 p.m.** • Rowena Conahan will tell stories from her new book, *Fuzzy Caterpillar: Stories and Activities for Forest Kindergartens and Families*. These tales will enchant children ages 3-6, as well older kids and adults. Simple activities will be available to enjoy. Copies of Fuzzy Caterpillar will be for sale at a discount, and Rowena will sign books. FREE. For more information contact Rowena at (734) 660-6011, email naturespeaklife@gmail.com.

Vampires on Vacation: Celebrate *Vampires at Sea* with Lindsay Merbaum • Wednesday, November 19 • 6:30 to 8:30 p.m. • Join Lindsay Merbaum upstairs in Crazy Wisdom's Celestial Lounge as she discusses her book: smutty, horror-comedy novella *Vampires at Sea*. The novella features a pair of chic emotional vampires on a queer Black Sea cruise, where they meet the non-binary influencer of their dreams/nightmares. Orgies and emotional mayhem ensue. Join us for themed mocktails, a reading, Q&A, and signings with the author. FREE. For more information contact Lindsay at (510) 289-3774, email Lmerbaum@gmail.com, or visit lmerbaum.com.

What's New in the Community SPOTLIGHT!

By Lynda Gronlund

Heidi Schmitz, LMSW-C, MSW, RMT started her private therapy practice, En Route Health & Wellness, in January.

A University of Michigan School of Social Work graduate, she started her career at Washtenaw County Community Mental Health in Ann Arbor, then worked for a private practice under another therapist for two years before setting out to work for herself.

Schmitz has a unique background in dance and movement, having graduated from the University of Michigan Flint with a BA in Dance and Theater in 2004. She is a Dancing Mindfulness facilitator certified through the Institute for Creative Mindfulness and is working toward a Therapeutic Dance Certificate through the Embodied Education Institute of Chicago. "Dance is very healing," she said. "Trauma and experiences live in the body, and some people have trouble being able to communicate what they're experiencing," she explained. Dance and movement can help people express and process their feelings and experiences. They do not need to be trained dancers to be able to do this. She noted that so many people feel a sense of disconnection with their bodies and selves, and that she wants to help her clients feel more embodied, connected, and curious about life again.

Schmitz has a variety of other therapeutic tools available to her. She is trained in Eye Movement Desensitization and Reprocessing (EMDR), a method in which specific eye movements are used to help clients change the emotions associated with traumatic or distressing experiences, allowing the brain to heal. She also uses Acceptance Commitment Therapy (ACT), a psychotherapy approach which involves accepting one's thoughts and emotions as appropriate responses and committing to make necessary life changes regardless of those feelings and circumstances. Schmitz also uses Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), mindfulness, Motivational Interviewing, and arts-based interventions.

She is experienced in working with adults facing life changes or transitions, depression and mood disorders, anxiety, trauma, substance abuse, grief and loss, chronic health issues, environmental/climate distress, and challenges related to aging, including dementia. She works with clients both in person and online. Her office on Liberty Street in Ann Arbor is large enough to do movement work but also cozy with a comfortable couch. She wants clients to feel at home and welcome to sit, lie down, or move in whatever way they need or want to during sessions. The office is on the second floor but has an elevator for accessibility.

Schmitz does accept both insurance and self-pay clients, with sliding scale options for those experiencing financial hardship.

En Route Health & Wellness is located at 103 East Liberty, Suite 206, Ann Arbor, MI 48104. More information is online at enroutehealthwellness.com, and Heidi Schmitz can be reached by phone or text at (734)224-9936 or by email at heidi@enroutehealthwellness.com.

Resources for Conscious Living

REIKI
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CLASSES & INDIVIDUAL TREATMENTS
Suzy Wienckowski, Reiki Master
Reiki Alliance Member
734.476.7958
SuzyReiki@aol.com

Stephen L. Rassi, PhD, LMSW, MA
Clinical Social Worker
CBT for Anxiety; TIR for PTSD and Trauma Concerns
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and
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SacredRootsHealing.org
katygladwin@gmail.com

Breathwork

Guided Group Breathwork with Jackie Miller • Saturday, September 7, 21, & 28; October 5, 19, & 26; November 2, 16, & 23; December 7 & 21 • 6 to 7:30 p.m. • A group session of gentle, energizing breathing with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of breath energy and non-ordinary states activated by special breathing techniques. Ann Arbor and Ypsilanti locations. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Buddhism

Miracle of Mindfulness with Suzanne Xuereb & Georgia Greene • Ongoing Sundays • 6:30 to 8:00 p.m. • The Huron River Mindfulness Community is a safe and inclusive meeting place for anyone to practice mindfulness in the tradition of Plum Village, established by Zen Master Thich Nhat Hanh. This is a peer led group and there are four to five members that facilitate depending on the group. FREE, donations to Zen Temple of Ann Arbor accepted. For more information contact the HRMC at (734) 273-9991, email huronrivermc@gmail.com, or visit huronrivermc.com.

Practical Buddhism with Gelek Rimpoche • Wednesday, September 3, 10, 17, & 24, October 1, 8, 15, 22, & 29, November 5, 12, & 19, December 3, 10, & 17 • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Sessions will review Gelek Rimpoche's 2012 Sunday talks and into early 2013. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • Sunday, September 7, 14, 21, & 28, October 5, 19, & 26, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 11 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Ullambana Day with Jagwa Kelli Davenport • Sunday, September 7 • 11:30 a.m. to 1:00 p.m. • Rites and service for the dead to wish them a rightful place among the living and release from suffering in their next rebirth. Prior consultation appointment necessary. Suggested donation $20. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

The Bodhisattva's Way of Life: Enthusiasm! (Chapter 7) with Demo Rinpoche • Thursday, September 11, 18, & 25, October 2, 9, 23, & 30, November 6, 13, & 20 • 7 to 8:30 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. It gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. This course focuses on chapter 7, enthusiasm. $70 Jewel Heart member/$90 Jewel Heart non-member. Give what you can; no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Year-End Candle-Lighting Service with Maum Gloria Cox • Wednesday, December 31 • 8 to 10:00 p.m. • This is an occasion to take stock of one's life and to greet the new year in contemplation and reflection. Everyone is welcome to come share this beautiful service with us. $20 donation. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Crazy Wisdom Salon – An Evening with Demo Rinpoche, Spiritual Director of Jewel Heart Tibetan Buddhist Center, in Conversation with Bill Zirinsky of Crazy Wisdom • Wednesday, October 22 • 7pm • An opportunity to get to know Demo Rinpoche, the 44 year old leader of Jewel Heart, the Ann Arbor-based Tibetan Buddhist Center with students, and satellite locations, across the U.S. and around the world. Long-time Crazy Wisdom co-owner Bill Zirinsky, as the host, will be using a question-and-answer format, and also invite active audience questions and comments. For additional information about this event, please see the half-page advertisement in this issue of the Crazy Wisdom Journal, on Page 9. Or email: billz@crazywisdom.net or kathy@jewelheart.org. Location: Crazy Wisdom's Celestial Lounge on the Second Floor. FREE, no advance registration needed.

Ceremonies, Celebrations, and Rituals

Sunday Celebration with Interfaith Center for Spiritual Growth • Ongoing Sundays • 10:45 a.m. to Noon • We explore universal truths from all spiritual paths. Donations are gratefully received. For more information visit interfaithspirit.org.

Reflection On the Labyrinth with Kathleen Schanz & Esther Kennedy • Saturday, September 13 • 1:30 to 3:30 p.m. • For 25 years, our campus has welcomed many people who have found peace, calm, and awareness in walking this sacred outdoor path. Gather with us and with the sisters who brought the labyrinth to Adrian as we walk peace and hope into our world. FREE. For more information contact the Weber Center (517)-266-4000 or visit webercenter.org.

Autum Equinox Dances of Universal Peace with Susan Slack • Sunday, September 21 • 3 to 4:30 p.m. • You are invited to chant and dance together to celebrate the balance of the Equinox. Join your community of seekers without dogma. All simple steps and chants patiently taught. Experience love, harmony, and beauty from the Earth's wisdom traditions. Donation based. For more information contact Susan at peaceinacircle@gmail.com,visit dancesofuniversalpeace.org, or visit slacksusan.wixsite.com.

Autumn Equinox Ritual Celebration with Esther Kennedy • Sunday, September 21 • 3:30 to 4:30 p.m. • The harvest is near. We gather the riches of the Earth with great gratitude. We celebrate the abundance and come together in word, song, and dance to welcome autumn. FREE. For more information contact the Weber Center (517)-266-4000 or visit webercenter.org.

Satsang, Yoga Nidra, Meditation, & Kirtan with Swami Sankarananda, Swami Yatidharmananda, & Trevor Eller • Saturday, October 4 • 2:30 to 9:00 p.m. • Join a joyful and uplifting afternoon and evening of community, Yoga, and Full Moon Kirtan with Swami Sankarananda, Trevor Chaitanya Eller, and friends as we welcome Swami Yatidharmananda to our community of Divine Friends. Donations welcome. For more information visit interfaithspirit.org or divinegraceyoga.org.

Women's Goddess Circle with Chandra Mitchel • Wednesday, October 15 • 6 to 8:30 p.m. • The women's goddess circle is a monthly meetup for Maven/Late Millennial/GenX+ women. Everyone is welcome but topics will center around these ages and stages. Topics include goddess study, seasonal crafting, intention-setting activities, political discussion, connection, and more! FREE. For more information contact Chandra at chandra@crazywisdombookstore.com.

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Candlelight Labyrinth Walk with Rob Meyer-Kukan • Friday, October 24 • 6 to 7:00 p.m. • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan for a candlelight labyrinth walk. This event is offered as a donation-based event to support this and future labyrinth events. Suggested donation, $10/person. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Winter Solstice Ritual Celebration with Esther Kennedy • Sunday, December 21 • 3:30 to 4:30 p.m. • With joy and anticipation, we await the coming light, rising from within the darkness. Teilhard de Chardin states, "There is light and only light ahead of us." In song and dance we remember that "we are light for those we meet and for our world." FREE. For more information contact the Weber Center (517)-266-4000 or visit webercenter.org.

The Crazy Wisdom Calendar

Channeling

Moving Beyond Fear and Negativity: Accessing the Co-Creative Power of the Spacious Present with Barbara Brodsky, Aaron, Colette Simone, & Yeshua • Friday, September 24 • Join us for an evening of conversation with spirit friends—Yeshua, Mary Magdalene, Aaron, and others—offering insight on staying grounded and open-hearted in turbulent times. Barbara Brodsky and Colette Simone of Deep Spring Center serve as mediums. Hosted at Crazy Wisdom's Celestial Lounge. FREE, donations welcome. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Remembering Wholeness: Darshan with the Mother & Barbara Brodsky • Tuesday, September 28, October 26, November 23, & December 14 • 2 to 5:00 p.m. • Darshan with The Mother offers loving guidance to support your journey. The Mother speaks both personally and collectively, addressing where we may feel stuck and helping release what no longer serves. With support from Aaron and Yeshua, she shares messages of wholeness, always holding each being in a container of deep, unconditional love and compassion. Suggested donation: single $10-30; all $40-$120. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Evenings with Aaron & Barbara Brodsky • Wednesday, October 1 & 29, November 19, & December 10 • 7 to 9:00 p.m. • Evenings with Aaron meets monthly and is open to all. Since 1989, Aaron has offered insight on current world issues, guiding us to respond from loving awareness. He reminds us all experiences are teachers, encouraging dynamic compassion—living spiritually grounded lives. Some evenings include specific practices or guest teachings from Aaron's spirit friends, plus open discussion. Suggested donation: single $10-30; all $40-$120. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Dance and Movement

Autumn Equinox Dances of Universal Peace with Susan Slack • Sunday, September 28 • 3:00 p.m. Come join together as we acknowledge the four directions, honor our ancestors/teachers thru circle dancing and chanting to live music. Words and gentle unison movements and songs from world traditions taught on the spot. All welcome. Let's support each other. For more information contact Susan at peaceinacircle@gmail.com, or visit https://slacksusan.wixsite.com/susan-j-slack/dances-of-universal-peace.

Death and Dying

Death Cafe with Rev. Annie Kopko • Tuesday, September 2, October 7, November 4, & December 2 • 6:30 to 8:00 p.m. • A group-directed discussion of death, with no agenda, objectives, or themes. It is a discussion group rather than a grief-support or counseling session. FREE, but donations gratefully received. For more information visit interfaithspirit.org.

Ann Arbor Virtual Death Café with Rachel Briggs • Tuesday, September 6, October 4, November 1, & December 6 • 11:00 a.m. to 12:30 p.m. • Conversation on zoom about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. For more info visit www.DeathCafe.com. Open to all adults. Please note: This is not a grief support group. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, visit thedyingyear.org or DeathCafe.com

Ann Arbor Death Cafe In-Person Meeting with Merilynne Rush • Saturday, September 20, October 18, November 15, and December 20 • 11:00 a.m. to 1:00 p.m. • Conversation about all things related to death and dying. Small and large group discussion, deep listening, and sharing from the heart. No agenda, no presentation. Coffee, tea, and snacks available. Open to all adults. Accessible, confidential. Please note: This is not a grief support group. FREE. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, visit thedyingyear.org or DeathCafe.com.

Advance Care Planning Facilitator Training with Merilynne Rush • Tuesday, November 11 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults identify a healthcare advocate and discuss their values and wishes with them. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration required; held on Zoom. $265. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Resources for Conscious Living

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Comfort Food

By Katherine Munter

Food nourishes our bodies and connects us to shared culture and tradition. Cooking is a multi-sensory experience. I know when dough is ready by the airiness yet elasticity when held in my hands. Smell can instantly remind us of the past, grounding us in vivid memories. I play a game with my children where we close our eyes and guess the spice: nutmeg, vanilla, cumin, coriander.

I loved cooking with my grandmother. She would regularly make little dumplings filled with meat, potatoes, sauerkraut, or mushrooms. She playfully referred to the dumplings as "little ears." My small childhood hands would play with a bit of dough as she rolled pieces out and cut it into circles. She taught me to gently cup a dough circle in one palm while using the other hand to stuff the inside. Then, her fingers would expertly pinch the edges together to form a pocket. When I'd try to pinch the edges, the dough stretched into a series of points. Rather than a smooth line, my "little ears" would more closely resemble some sort of shelled sea creatures, begging to be returned to their watery homes. My grandmother never judged but rather put mine alongside hers, gratefully accepting my efforts and encouraging me. As we worked, she'd tell me stories.

I'm reminded of her patience and joy when I cook with my daughters, encouraging their efforts as they learn to mix ingredients.

On my birthday this year, we went to the library to collect some books we'd placed on hold. Tucked amongst our books was "Jewish Comfort Food," a book none of us had requested. As I flipped through the chapters, I found recipes similar to those my grandmother used to make.

While turning the pages, my eyes blurred, and I found myself washed with memories of foods that nurtured me. Crispy zucchini latkes, creamy cucumber salad with dill, earthy rye bread, salty yet sweet sauerkraut. Soup will also instantly remind me of childhood: tangy green sorrel leaf, bold red beet, cabbage with freshly cracked pepper.

My breath caught as I opened to a page on cheesecake. My grandmother used to regularly make cheesecake. As a child, I took the cakes for granted and often turned them down. Now, I wish I could share one of her cakes with her.

In our years of requesting books, I'd never had a mistake in our pile. I took it to the librarian and told her that we hadn't requested it. With a smile, she told me she'd take care of it.

The book felt like a gift I hadn't realized I needed. I found myself warmed by memories. I never would've thought to make a cheesecake on my birthday, but I was suddenly inspired to make one with my daughters. I knew my grandmother's cheesecakes were made with love, but until we tried to make one, I had no idea how much time and effort was put into each one she'd created.

Later that evening, while looking through their stash of books, my daughter realized that a book she'd requested was missing. We realized it must've been swapped with the comfort food book as a librarian was adhering the stickers. If one was needing comfort food, my daughter's request was kind of a worst case scenario. Lately, my daughters have been very interested in mythology, and the book that was missing from our own pile was a graphic novel: "Ares: Bringer of War." The cover is red and jarring: the war god's arms are outstretched, his muscles bulging with a weapon in each hand as his mouth contorts into a battle cry.

My heart goes out to the library patron who was on the other end of the book-request mishap. I truly hope you were able to find the comfort you sought.

What foods offer you comfort, when you were young and also in the present?

Katherine Munter, clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. Visit her online at CreativeLifeTherapy.com.

Drumming

Drummunity Circles with Lori Fithian • Saturdays, September 20, October 18, November 15, & December 20 • 7 to 8:30 p.m. • Come join the Drummunity! All ages, all levels welcome. Drums and percussion instruments provided or bring your own. Rhythmic Fun for the whole --with a focus on community-building. Rhythm games, singing, dancing, and improvising will bring us together! A $5 donation for the center is most welcome. For more information contact Lori at (734) 426-7818, email lorifithian@mac.com, or visit interfaithspirit.org.

Energy and Healing

Gentle Qigong with Rory Walsh • Saturday, September 6, 13, 20, & 27, October 11, 18, & 25, November 1, 8, 15, & 22 • 11 to 11:45 a.m. • Join us for a harmonizing flow of head-to-toe movement, meditation, and self-acupressure to help you center and navigate the changing seasons. It is a fun and invigorating self-care practice for all ages and experience levels. $15 drop-in, $95 for full term of seven classes. For more information Contact Rory at info@momentuscoaching.com or visit momentuscoaching.com.

Healing through Connecting Constelallations™ Sacred Saturday Workshop with Michaelene Ruhl • Saturday, September 6, October 11, & December 6 • 1 to 6:00 p.m. • Join us in a sacred, compassionate space to reconnect with yourself, ancestors, and others. Through family and systemic constellations, experience healing, insight, and peace—simply by being present. No judgment, just love. $185. For more information contact Michaelene at (248) 345-3557, email michaelene@constellationhealingarts.com, or visit constellationhealingarts.com.

Light Therapy Basics with Paula Neys • Tuesday, October 7 OR November 4 • 10:30 a.m. to Noon • You know how you feel better when you get a little sunshine? Light heals us because it's an essential nutrient. This basic light therapy (commonly known as red light therapy) will give you foundational skills to elevate your health, the health of your family, friends, and pets. Class is limited to five participants. $15. For more information contact Paula at pneys@icloud.com.

Trance Development and Healing with Chris Ratter • Saturday, September 13 & Sunday, September 14 • 10:00 a.m. to 5:00 p.m. • Two-Day Trance Development and Healing Workshop—Welcoming all levels!! Covering: sitting in the power, trance blending, Trance healing, and trance communication. $350. Located at The Hampton Inn Commerce Novi, 169 Loop Rd., Commerce Township, MI 48390. For more information contact Anat at (248) 982-1203, email trad.em.heal@gmail.com, or visit trad-em.com.

MariEl Energy Work Training with Mary Light • Saturday, October 11, November 8, & December 13 • 9:30 a.m. to 4:30 p.m. • This is a three-day training with assignments in between the monthly meets. MariEl is a bodywork session designed to facilitate release of trauma in a gentle yet effective manner, often through a series of sessions. $800 with a $300 deposit. For more information visit naturopathicschoolofannarbor.net.

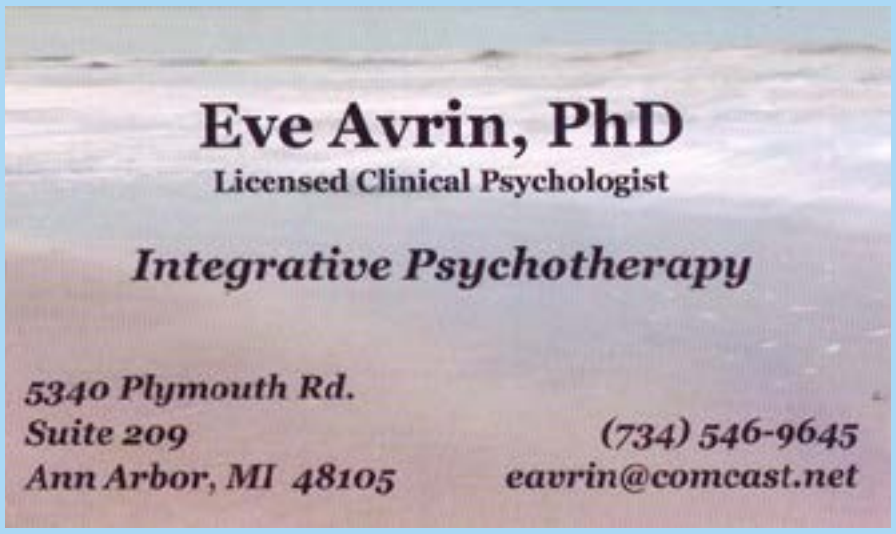
Healing & Ascension Monthlies Series with Rev. Eve Wilson • Thursday, December 18 • 7:30 to 9:30 p.m. • Every four weeks for two hours Eve Wilson, Master Healer/World Healing & Ascension Worker guides and empowers 40+ people into the new world experience. Once there, we work to heal and ascend our human selves and the world we live in. We work by phone conference call, so each of us can be focused on our own work and not distracted by others. $300 Series; pay as you go or sliding scale options. For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Exercise and Fitness

Total Body Strength and Balance with Jackie Farah • Monday, September 1, 8, 15, 22, & 29, October 6, 13, 20, & 27, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 9 to 10:00 a.m. • Total Body Strength and Balance is a fusion class drawing on elements of strength and circuit training, cardio, core balance, Pilates, and barre. Instructors offer their classes a workout covering every major muscle group, moving from weightlifting and balance to abdominal and lower body work. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Fundamentals of Pilates and Stretching for Back Care with Sara Atwell • Monday, September 1, 8, 15, 22, & 29, October 6, 13, 20, & 27, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 9:30 to 10:30 a.m. • If you are new to Pilates this is your class. Pilates is a series of exercises designed to strengthen the core including back shoulders and hips. The exercises will be broken down to support new movers and those that want to review technique and Pilates principles. Focus will be on gradual strength, flexibility, and stability. $26 or Class Package available. For more information

Resources for Conscious Living



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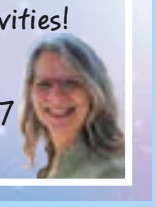

The Crazy Wisdom Calendar

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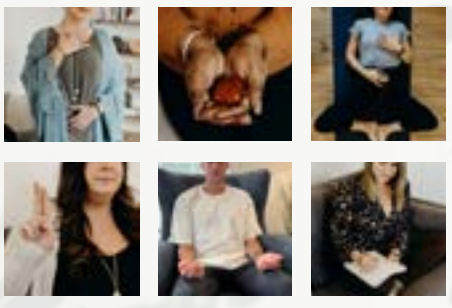

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contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Cardio Plus with Jackie Farah • Monday, September 1, 8, 15, 22, & 29, October 6, 13, 20, & 27, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 10 to 11:00 a.m. • Cardio combined with total body strength training. This fun class will use different equipment to strengthen all muscle groups, improve balance, and keep your heart rate up. Emphasis is placed on proper form while safely increasing muscular strength, improving core stability, and cardiovascular fitness. All experience and fitness levels welcome. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Build and Tone Your Upper Body & Stability with Jackie Farah • Tuesday, September 2, 9, 16, 23, & 30, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 9 to 10:00 a.m. • Target all major muscles. We utilize a mix of free weights, resistance bands, med balls, stability balls and BOSU balls. It is suited for everyone to a beginner to a fitness fanatic. Resistance training does more than just make your muscles stronger—it can also boost your metabolism, improve your posture and mood, and much more. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Balance, Flexibility, & Core Strength with John Farah • Tuesday, September 2, 9, 16, 23, & 30, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 2 to 3:00 p.m. • A total body workout with a focus on strengthening the core and balance. You will improve overall balance, posture, muscle tone, and mobility as you learn to move the body to help avoid injury and strengthen your balance. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Cardio Plus with Lisa Camfield • Tuesday, September 2, 9, 16, 23, & 30, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 6 to 7:00 p.m. • Cardio combined with total body strength training. This fun class will use different equipment to strengthen all muscle groups, improve balance, and keep your heart rate up. Emphasis is placed on proper form while safely increasing muscular strength, improving core stability, and cardiovascular fitness. All experience and fitness levels welcome. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Balance, Flexibility, & Core Strength with John Farah • Wednesday, September 3, 10, 17, & 24, October 1, 8, 15, 22, & 29, November 5, 12, 19, & 26, December 3, 10, 17, 24, & 31 • 9 to 10:00 a.m. • A total body workout with a focus on strengthening the core and balance. You will improve overall balance, posture, muscle tone and mobility as you learn to move the body to help avoid injury and strengthen your balance. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Cardio & Core Fusion with Jill Goldstein • Thursday, September 4, 11, 18, & 25, October 2, 9, 16, 23, & 30, November 6, 13, 20, & 27, December 4 • 9 to 9:50 a.m. • Step into Cardio & Core Fusion, a dynamic fitness class that seamlessly blends low-impact cardio with strength training and mat exercises, designed for all levels of fitness. Whether you're just starting your fitness journey or are an experienced enthusiast, this class adapts to your pace and abilities. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Total Body Strength with Lisa Camfield • Thursday, September 4, 11, 18, & 25, October 2, 9, 16, 23, & 30, November 6, 13, 20, & 27, December 4 • 6 to 7:00 p.m. • Increase your strength, improve your balance and stability, and have fun. This class uses different equipment to strengthen all muscle groups with an emphasis on core strength and stability. All experience and fitness levels welcome. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

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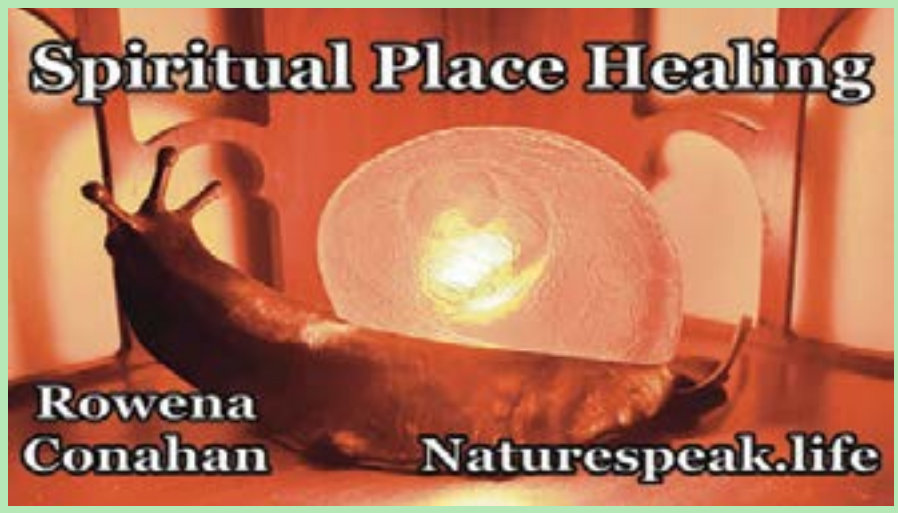

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Exercise and Fitnessn continued...

Mat Pilates with Sarah Atfield • Friday, September 5, 12, 19, & 26, October 3, 10, 17, 24, & 31, November 7, 14, 21, & 28, December 5, 12, 19, & 26 • 9 to 10:00 a.m. • Pilates involves a series of precise movements to strengthen your core muscles while making you more flexible. Pilates enhances posture, muscle tone, and joint mobility without high impact, flexibility, balance, coordination, concentration and is a great way to relieve stress. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Cycle and Strength with Jackie Farah • Sunday, Sept 7, 14, 21, & 28, October 5, 12, 19, & 26, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 8:30 to 9:30 a.m.• Improve your cardiovascular fitness as you progress through a class challenging you with increased endurance and strength rides. Hop off the bike and get work on targeted muscle groups to tone and strengthen. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Free Try-It Cardio Kickboxing Class with Lynda Gronlund & Balance Point Fitness • Friday, September 12 • 7 to 7:45 p.m. • Cardio Kickboxing is a fun cardio workout with professional heavy kick / punch bags and music. Some loaner gloves available; bring your own if you have some. No experience is needed. Age 16+. All fitness levels are welcome. FREE. For more information contact Lynda at (248) 739-0841, email balancepoint.fitness@gmail.com, or visit balancepointfitnessa2.com.

Active Against ALS Rivalry Ride with Gayle Rosen • Sunday, September 14 • 7:30 a.m. • Join Active Against ALS on September 14, 2025 for our 14th Annual Rivalry Bike Ride between Spartan Stadium in East Lansing and the Big House in Ann Arbor. We will transport riders and their bicycles from Ann Arbor to East Lansing to ride a metric century back to Michigan Stadium. A HALF STADIUM ride is also available. Transportation, SAG wagon support, lunch, and cider and donuts from Dexter Cider Mill will be provided. Please see our website ActiveAgainstALS.org for more details and to register. All proceeds will benefit ALS research. $35 - $80. Ride takes you from East Lansing to Ann Arbor. For more information contact a2a3rivalryride@gmail.com or visit activeagainstals.org/rivalryride.html.

Festivals and Fairs

The Healing Feast: Food and Community for Healing Connections • Thursday, September 4 • 5:30 p.m. The Healing Feast is a monthly event that offers food and community for healing connections with self, others, the earth, and the sacred. The September gathering is outdoors with the theme of Wild Abundance, featuring aerial dance from Cassie Catania and music from Jordan Hamilton. Dinner includes salads and appetizers from Michigan, Mexico, Bolivia, and Perú. 10% of all proceeds will be donated to Growing Hope. Other feasts at regional areas on October, 5, November1, and December 7. Sliding scale and free tickets are available in advance at bit.ly/the-healing-feast-september2025. Doors at 5:00 PM, event starts at 5:30 sharp.To be notified of future feasts join the email list at saribrownmusic.com/the-healing-feast/#hf-email-list.

5th Annual Entheofest with Students Association of Psychedelic Studies (SAPS) & Students for Sensible Drug Policy • Sunday, September 21 • 1:11 to 4:00 p.m. • The 5th Annual Entheofest is a free student run free-speech celebration of plant medicines, mushrooms, and other natural substances. This year we are welcoming William Leonard Pickard as our keynote speaker. After the event concludes, the afterparty begins across town at Rabbit Hole.The afterparty (4:30 to 11:00 p.m.) will have live music from Raising the Dead, along with dancing, art, vendors, and other fun activities. FREE. For more information contact Jim Salame at (734) 355-0136.

Michaelmas Festival - A Community Affair with Anthroposophical Society in America & Community Farm • Saturday, September 27 • 3:00 p.m. • Sponsored by the Community Farm in conjunction with the Great Lakes Branch of the Anthroposophical Society. We're pitching a Festival tent to host PotLuck (bring your own table setting), live music by Nutshell, Contra dancing, an outside Cob pizza oven, games, exhibits, and more! 3pm - 9pm. For more information email pdelisa@gmail.com or visit communityfarmofannarbor.com.

Mystic Market with Chandra Mitchel • Saturday, October 11 • Noon to 9:00 p.m. • Step into the magic! Join us for Crazy Wisdom's 1st annual Mystic Market! This day-long celebration brings together handmade local art, unique vendors, bodyworkers, and local intuitives and tarot card readers—all in one spot. Prepare to immerse yourself in the creative and healing spirit of our local community! Come curious. Leave enchanted! Interested in vending? Email Chandra to apply. For more information contact Chandra at chandra@crazywisdombookstore.com.

Active Against ALS Uncork a Cure • Thursday, October 16 • 6 to 9:00 p.m. • Please join us on October 16, 2025 from 6-9pm for our 3rd Annual Uncork a Cure for ALS. Enjoy an evening of food, drink, and entertainment while participating in our Online Auction. The event will be held at York Food & Drink in Ann Arbor. If you are unable to attend, please consider making a donation, becoming a sponsor, or make a donation to our auction. Visit our website at ActiveAgainstALS.org for more information or to register.

Enlightened Soul Holistic Psychic Fair with Enlightened Soul Center & Shop • Ongoing 1st and 3rd Saturdays • Noon to 6:00 p.m. • Join us for a fun-filled day at the Enlightened Soul Center! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore lots of readings and healings at one time, under one roof. Energy healers, shopping, snacks, and parking. $5. For more information visit enlightenedsoulcenter.com.

Film

Free Film & Discussion with Jewel Heart instructors • Friday, September 12, October 3, November 14, & December 12 • 7 to 9:15 p.m. • September 12— *The Best Bad Thing*,1997. This is the story of a twelve-year-old named "Rinko Tsujimura" who is sent from her parents' California home for a character-building stay on her aunt's rural farm.

- October 10— *Flow*, 2024. A solitary cat, displaced by a great flood, finds refuge on a boat with various species who must navigate the challenges of adapting to a transformed world together.

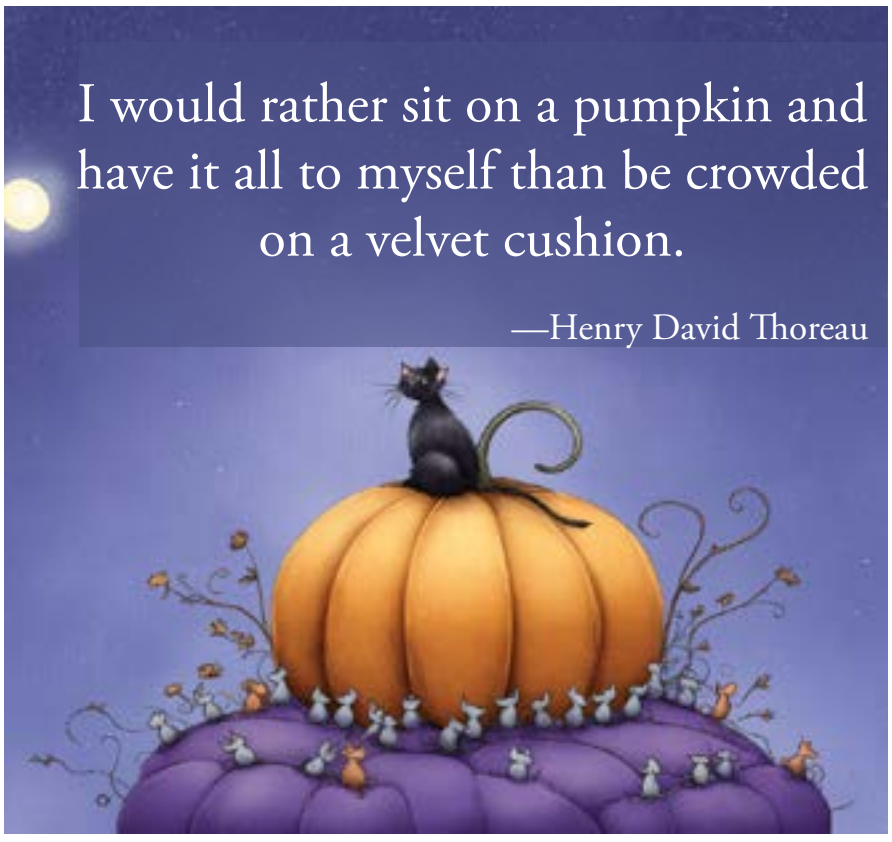
- November 14— *One Night with the King*, 2006. The moving biblical tale of Esther, a humble Jewish girl, who saves her people from annihilation and wins the heart of the handsome Persian king Xerxes. A lush ode to one of the Old Testament's most inspiring women.

- December 12—*Resurrection*, 2016. The story of a woman who survives the car accident that kills her husband. Discovering that she has the power to heal other people, she becomes an unwitting celebrity, the hope of those in desperate need of healing, and a lightning rod for religious beliefs and skeptics.

FREE, donations welcome. Concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Food and Nutrition

Nutritionars(TM) & info-nars on Need-to-Know 21st Century Bioscience Key to Wellness Fall Seminar Series • Held Online and at To-Be-determined Venues • Typically 6:30 to 7:30 p.m. • Learn about the role pomegranate ingestion could have in mitigating Alzheimer's disease; about the science underpinning the purported benefits in the body obtained from ingesting certain foods/herbs/spices (cloves, cucumbers, cinnamon, etc.) $12 ea for groups of 3. $28 minimum for a solo session. For more information including current Nutritionar offerings please email ChE4theEarth@gmail.com.



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A CONVERSATION WITH "INDY" THE RACCOON

By Peggy River Singer

Recently I heard a mob of birds shrieking and squawking in a woodsy corner of the Oakwood Park Apartments property. I headed that way thinking they were probably harassing a hawk, and then I looked down. There in the middle of the path was a small animal skull. Right out in plain sight, where anyone could have seen it, or stepped on it.

Remember that scene in *Raiders of the Lost Ark* where Indiana Jones gets up close to the golden idol on its altar and his eyes get real big? That's what I felt like.

I asked permission to take the skull, and heard "Yes." I posted photos on Nextdoor, and a member who runs a raccoon rescue told me the skull belonged to a raccoon who had died of old age. That's not so common for wild animals living among people, so I decided to offer a conversation.

Indy: I perceive the image in your mind, and I am pleased to be named for the dashing hero of your entertainments!

Peggy: You must have died many years ago; did your soul-self decide you wanted me to find your skull, or would another human have been equally suitable?

Indy: I and other creatures of the area know your energy well, and we knew that you could use my skull to help others learn.

Peggy: Did some other human place the skull where I found it?

Indy: Yes, hoping that it would be put to good use in some way. So you see, to make sure you found my skull that person, the birds, and I worked together on a soul level.

Peggy: Wonderful! Did you spend your life in this neighborhood?

Indy: Yes, it offers a combination of human dwellings, river and forests, so lots of opportunities.

Peggy: Were you male or female in your final lifetime?

Indy: Female, past the age of parenthood, about ten summers of life. I lived with other elder females, we shared memories and jokes and helped teach young ones how to BE Racoon in all our elemental glory.

Many humans see us as comical, playful Trash Bandits. You understand from a previous writing (A Conversation with Raccoon Group Soul) that we devote our lives and energies to balance.

Our paws are extremely sensitive, which helps us to locate areas of disturbance. Our embodied energies allow us to offer healing energies through the soles of our feet by simply walking on the ground.

Our tracks in the snow express our unique way of healing earth and soil and plants and the creatures of the soil. Pay attention to where we pause, which way we turn, which direction we take, and in those patterns you will often find areas requiring balancing.

Peggy: Is this like a "background function" as you go through your day?

Indy: We can choose to offer balancing/healing, yes; but every step, every item we pick up to examine, provides some level of assistance without requiring conscious effort.

Peggy: Your people love fruit, so it's common to see the seeds in your poop. Are those seeds empowered in some way by passing through your bodies?

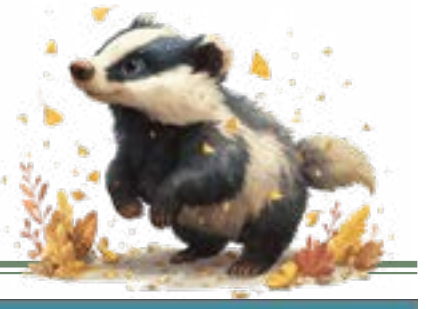
Indy: Yes indeed, they are infused with vibrant energies that help the plants that sprout from those seeds to grow in good health. The fruits and other parts of those plants are also infused, and so the cycle continues.

Peggy: What else would you like us to know about you and your life today?

Indy: A skull represents the knowledge and wisdom acquired in one's lifetime. It's important for that knowledge and wisdom to be shared so it is not forgotten. You have three stone skull friends, I hope to join their company so I can offer insights and advice and perhaps a few more writings for you. May it be so.

Peggy River Singer is an all-beings communicator, faerie ally, Pleiadian Starseed, and lifelong writer. More of her channeled articles are posted on angelsfairiesandlife.wordpress.com. To request a session, please call 734-548-0194.

The Crazy Wisdom Calendar



Healing

Kidulting Makeover with Debra Metler • Saturdays, September 13, 20, & 27, October 11, 18, & 25, November 1, 8, 15, & 22, December 6 & 13 • 11:00 a.m. to Noon • Are you feeling old and cranky? Have you lost your youthful energy? You might need a Kidulting Makeover on Zoom. Feel young at any age! Have a lot of fun! Experience better health, less stress, and increased creativity. Bring your friends. Minimum of 3 required. $20/person. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Herbal Medicine

Class Visits to Herbal Medicine Class with Mary Light • Ongoing Saturdays • Times TBD • Mary has always welcomed prospective students to meet and see our studio, and ask any questions, receive literature, and apply. FREE. For more information contact Mary at (734) 769-7794.

Identification of Edible & Medicinal Plants with Gabi May • Sundays, Exact Dates TBA • 4 to 5:30 p.m. Come learn how to identify edible and medicinal plants and hear their indigenous uses and western medicine stories from a medicinal chemist's perspective! $10. For more information contact Gabi at (269) 271-8797, email gabriellemay103@gmail.com, or visit mysticmay.com.

Herbal Medicine Class Meet and Greet with Mary Light • Saturday, September 20, October 18, & November 15 • 9:30 a.m. • Each date is a different topic, held the 3rd Saturday of the month, no background necessary. Holistic bodywork, Hydrotherapy, nervous system balancing. These are great previews to our year-long certification series. Full day of natural medicine classes for $150; ½ hour of FREE observation. For more information contact Mary at (734) 769-7794.

Herbal Medicine Certification Enrollment with Mary Light • Saturday, September 20, October 18, November 15, & December 6 • 11 a.m. to 3:00 p.m. • These are times to visit, register, enroll, meet Mary and students, and prepare yourself to participate in the Medicinal Herbalist Certification Program which begins January 2026; enrollment deadline is December 6. RSVP required. FREE. For more information contact Mary at (734) 769-7794.

Holistic Health

Run for the Hills with Hidden Lake Gardens • Saturday, September 13 • 8:00 a.m. • Join us for the 15th Annual Run for the Hills at Hidden Lake Gardens! Choose between a one mile walk or 5K run/walk along paved trails on the most scenic and hilliest course in Southeast Michigan. Don't miss this chance to enjoy a day of fitness and fun surrounded by nature's beauty! $35 Early Bird Pricing until August 15; $45 Late Registration starting August 16; $10 Children 14 and Younger. For more information contact Jessica at (517) 431-2060 or email jessicag@msu.edu.

Steiner Health Fasting for your Health Weekend with Steiner Health • Friday, September 19 through Sunday, September 21 • A simple fast can reset the mind, body, and immune system and leave you feeling more energetic and better prepared to fend off illness. The fasting weekend is an educational weekend that takes place on zoom. The program does not involve doctor visits. The program is offered on a sliding scale from $75 - $150 to enable those who cannot afford the $120 cost of the weekend to attend. For more information contact Dr. McMullen-Laird at (734) 222-1491, email rshc@steinerhealth.org, or visit steinerhealth.org.

Steiner Health Two Week Life Force Intensive Health Retreat with Dr. Molly McMullen-Laird, MD and Dr. Quentin McMullen, MD • Monday, October 20 through Saturday, November 1 • This two-week intensive session is designed for ambulatory individuals with a variety of ailments, chronic illness, or anyone seeking a restorative regimen. $5300-$7200. For more information contact Steiner Health at (734)663-4365 or visit steinerhealth.org.

Reawakening the Mind-Body-Mother Earth Connection with Robin Lily Goldberg • Monday, October 27, November 3 & 10 • 6 to 7:00 p.m. • This experiential series explores our vastness and interconnectedness. From reflexology to polyvagal theory, we'll rediscover how inner networks like the nervous system communicate with the natural world. By tracing our ties to the Earth, we can remember our wholeness and revive our sense of belonging. $45. For more information contact Robin at robinlily@outlook.com.

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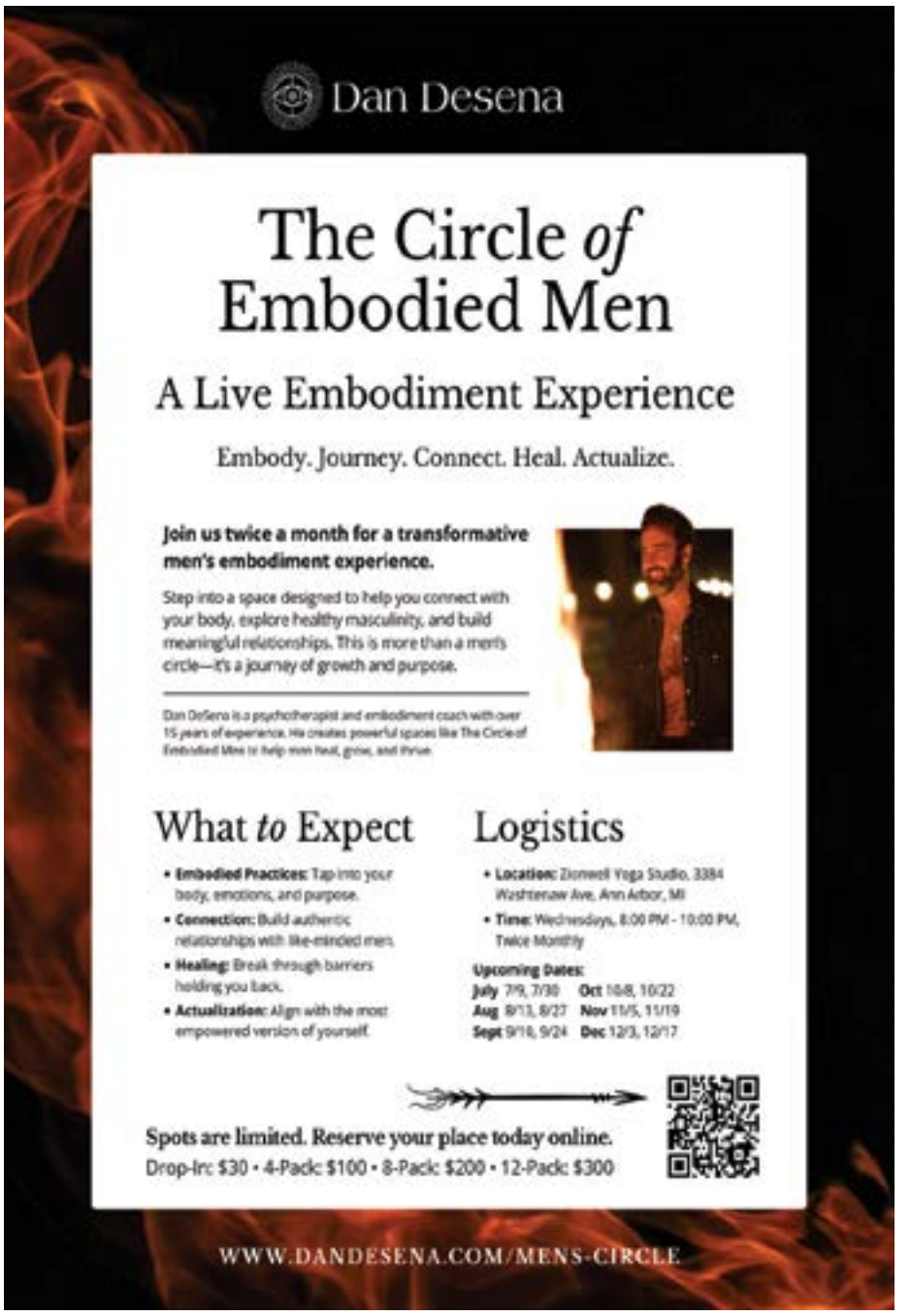
*Classes in shamanic practice & animal communication
*Ceremony for clearing, healing, bonding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Join us twice a month for a transformative men's embodiment experience.
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What to Expect
Logistics
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The Crazy Wisdom Calendar

Intuitive and Psychic Development

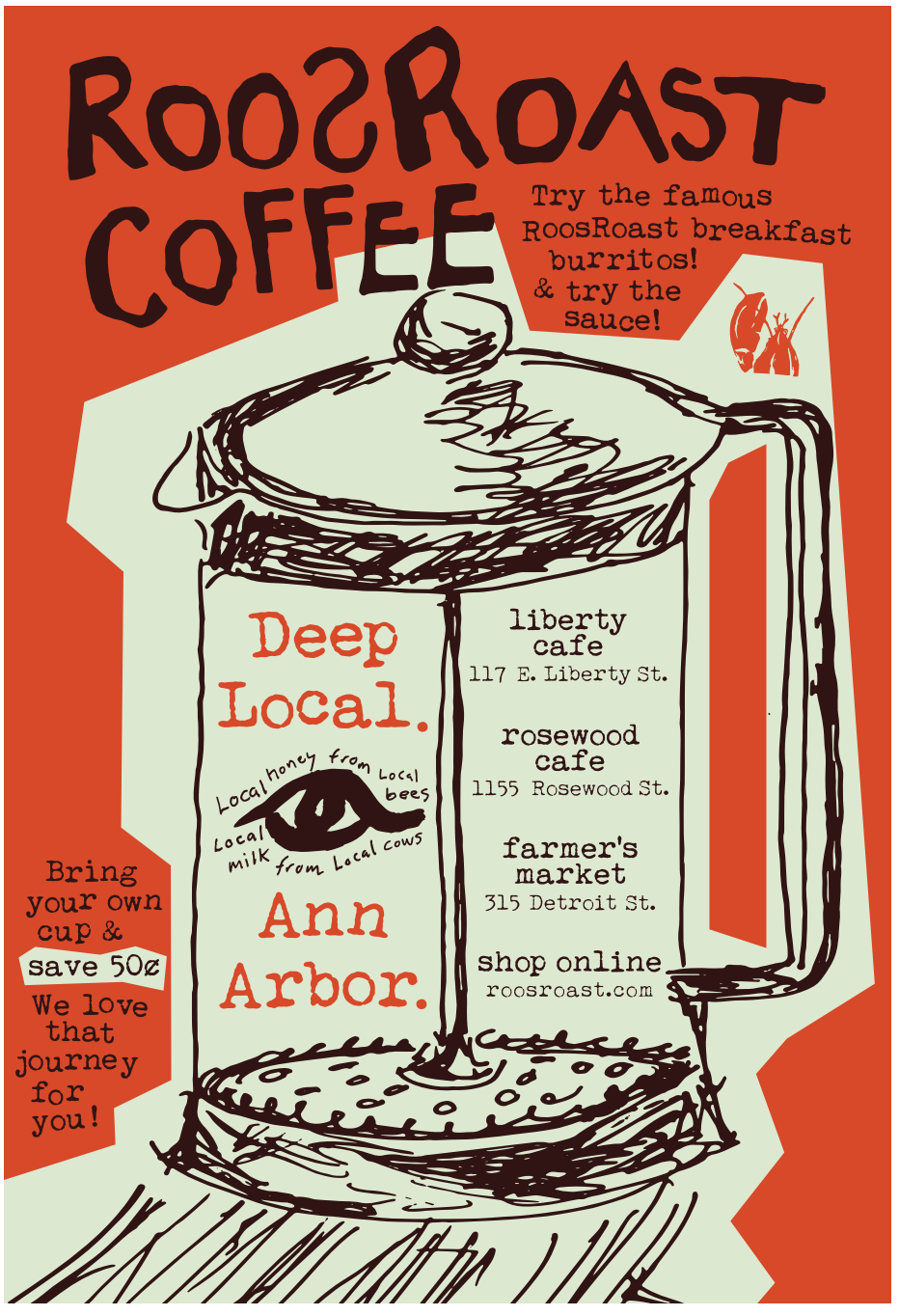
Psychic Psychology Women's Group Meditation: Teleconference with John Friedlander & Gloria Hemsher • Tuesday, September 1, October 7, November 4, & December 2 • 7 to 8:00 p.m. • For women only; meditations concentrating on women's issues relative to biological energies and the aura. $10. For more information contact Violeta at 734-476-1513 or visit psychicpsychology.org.

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, September 7, October 5, November 2, & December 7 • 9 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing, as well as a new level mental clarity and spiritual openness. $15. For more information contact Violeta at 734-476-1513 or visit psychicpsychology.org.

October Intensive: Webinar & Teleconference with John Friedlander • Saturday, October 11 through Sunday, October 19 • Weekends from 10:00 a.m. to Noon AND 2 to 4:00 p.m., Weekdays from 7 to 9:00 p.m. • Deep sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical perspective. Continued study of information presented in previous intensives. $275. For more information contact Gilbert at gchoud@yahoolcom or visit psychicpsychology.org.

Massage

Irene's Open House with Irene's Myomassology Institute • Friday, September 12 • 3 to 7:00 p.m. • Get a feel for Irene's Campus at our Massage School open house! Come check out our massage program and see our classrooms. Let us show you around, talk with our teachers, graduates, and let us answer your questions. Enjoy classes and find out about the many massage therapy career options available. FREE. For more information contact the Institute at contact@irenes.edu or visit irenes.edu.



Public Massage Class with Irene's Myomassology Institute • Friday, September 12 OR October 24 • 7 to 9:00 p.m. • During this two-hour class, you will be able to learn basic techniques while giving and receiving a massage. This is an excellent opportunity for those interested in massage as a hobby or an introduction to massage as a career possibility. This popular class fills up fast. Reserve your spot now! $10. For more information contact the Institute at contact@irenes.edu or visit irenes.edu.

Foot Reflexology Certification Class with Mary Light • Saturday, September 20 • 9:30 a.m. to 4:30 a.m. • 4 spaces left in a smaller class of 10. You will be practicing and experiencing this relaxing and holistic method by the end of the day! 175$, All materials provided. Register by Sept 1. For more information contact Mary at (734) 769-7794.

Meditation

Weekly Silent Meditation Practice with Celeste Zygmont • Ongoing Sundays from 11:00a.m. to Noon AND/OR Ongoing Tuesdays from 9 to 9:30 a.m. • This offering is open to all with a willingness to observe the self, kindly and rest in pure awareness. We begin with brief chanting, followed by silent Vipassana meditation. After the bell rings, you may leave or stay to share or ask questions. This is not a class or guided meditation—simply shared practice. Donation based. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

A Day of Mindfulness Meditation with Esther Kennedy • Saturday, September 6; October 4; November 1; December 6 • 10:00 a.m. to 2:00 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. $35.00 (Lunch included). For more information contact the Weber Center at (517)-266-4000 or visit webercenter.org.

How to Recognize an Enlightened Being with Professor Roger Jackson • Saturday, September 6 • 10:00 a.m. to 1:00 p.m. • This workshop draws on both premodern and contemporary Buddhist writings to try to get a sense of traditional Buddhist perspectives on enlightened beings and enlightened states and how to recognize them. It considers the ways in which we might think about Buddhism's ultimate attainment from the perspective of our "disenchanted" century. Cost to be determined. Pay what you can. No one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Meditation on Serenity & Compassion with Khenpo Tshering Chophel • Saturday, September 6, 13, 20, & 27, October 4, 11, 18, & 25, November 8, 15, 22, & 29, December 6, 13, 20, & 27 • 10:30 to 11:30 a.m. Meditation on compassion starts with serenity then opens our hearts to genuine caring for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, Sept 7, 14, 21, & 28; October 5, 12, 19, & 26, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, September 8, 15, 22, & 29, October 13, 20, & 27, November 3, 10, 17, & 24, December 1, 8, 15, & 22 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30 to40 minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Meditation with Jadal Tulku Lobsang Sherap • Tuesday, September 9, 16, & 23, 30, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 6 to 6:45 p.m. • Join Jadal Tulku's weekly meditation

sessions focused on becoming more aware of your thoughts, feelings, and sensations, opening the door to understanding the nature of your mind and how it influences your experiences. A wonderful opportunity to learn and practice concentrated and analytical meditations in a group setting. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Never-Ending Lamp of Liberation: A Lam Rim Master Class with Demo Rinpoche • Tuesday, September 9, 16, & 23, 30, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 7 to 8:30 p.m. • In Tibetan, Lam Rim means the Stages of the Path and concisely presents the Tibetan Buddhist path in logical steps that can be learned by the practitioner. With Rinpoche's special guidance, the Lam Rim can help us develop a stable mind committed to enlightenment. No charge for Jewel Heart members / $100 for non-members who are registering for the first time. Give what you can; no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Introductory Meditation Course with Ordained Meditation Teachers • Thursday, September 11, 18, & 25, October 2 & 9 OR October 16, 23, & 30, November 6 & 13 • 6:30 to 8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost is $160/$120 unwaged. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Overnight Beginner's Zen Retreat with Ordained Meditation Teachers • Friday, September 12 & 13 OR December 5 & 6 • 7:00 pm to Noon • Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. In addition to meditation instruction, the workshop includes overnight accommodation and a vegetarian breakfast. Cost is $160/$120 unwaged. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Appearing and Empty: The Dalai Lama's Revelation on the Prasangika View of Emptiness with Venerable Thubten Chodron • Saturday, September 20 • 1:30 to 3:00 p.m. AND 5 to 6:30 p.m. • Venerable Chodron takes us through the Dalai Lama's teachings on Sautrantika, Yogacara, and Svatantrika views on the ultimate nature of reality and the Prasangikas' thorough responses to these, so that we gain the correct view of emptiness — the selflessness of both persons and phenomena. Online only; stream at your convenience. Cost to be determined. Pay what you can. No one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Mastering Meditation with Dr. Kapila Castoldi • Sunday, September 21, 28, & October 5 • 2 to 4:00 p.m. • Introductory Meditation Series offered by the Sri Chinmoy Centre. Topics include concentration, relaxation, and breathing techniques; the role of music and mantras; exploring a meditative lifestyle; self-awareness through meditation. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Mindful Yoga & Meditation Workshop with Andrea Astley Dinsdale of Crysterra Wellness • Friday, October 17 • 7 to 8:30 p.m. • Experience a calmer nervous system and overall sense of well-being with this mindful yoga practice paired with meditation. In this gentle workshop, we will combine yoga, mindfulness, and meditation with singing bowls to cultivate the many benefits associated with a mindful meditation practice. Suitable for all fitness and experience levels. $30/$35. For more information visit crysterrawellness.com.

GOM Day of Meditation with Jewel Heart Instructors • Saturday, October 18 • 9:00 a.m. to 5:00 p.m. • Meditation is an essential tool that helps develop peace, joy, concentration, and wisdom. The day includes practice sessions with light guidance. Instructors are available for assistance. Silence will be enjoyed throughout. Come when you can. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Multicultural Events

Decolonizing Ukraine: How the Indigenous People of Crimea Remade Themselves after Russian Occupation with Dr. Greta Uehling • Thursday, September 18 • 6 to 8:00 p.m. • Join us for a reading and discussion with author Dr. Greta Uehling on her new book *Decolonizing Ukraine*, which explores how the Indigenous people of Crimea are rebuilding their identity and community after Russian occupation. FREE. For more information contact the Coriolis Company at events@corioliscompany.com or visit corioliscompany.com.

Resources for Conscious Living

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UPCOMING RETREAT AT TRIPLE CRANE:
THE HEART'S JOURNEY: MEDITATIVE TECHNIQUES FOR CULTIVATING COMPASSION FOR SELF AND OTHERS
JULY 18-20, 2025

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Music, Sound, and Voice

Folk Song Jam Along with Lori Fithian & Jean Chorazyczewski • Tuesday, September 2 & November 4 AND Wednesday October 1 & December 3 • 6 to 7:30 p.m. • Join us for a different type of sing along—we'llproject lyrics and chords on a screen so you can sing and play along! All singers and players (especially beginners) welcome—Guitar, Ukulele, etc. We sing a little bit of everything—songs by folks! Come Join us! FREE. For more information contact Lori at (734) 426-7818, email folksongjamalong@gmail.com, or visit facebook.com/folksongjamalong.

Soundbath Meditation with Michelle Camilleri • Thursday, September 4, October 2, & November 6 • 6:30 to 7:30 p.m. • Immerse yourself in the healing frequencies of 432hz chakra crystal singing bowls, gong, and various sound tools. Perfect time for self-care as you reboot your nervous system, enter into a deep meditative state, &andsurrender what no longer serves. $30. For more information contact Michelle at michelle.camilleri26@gmail.com.

Singing for Comfort with Layla Ananda • Thursday, September 11, October 9, November 13, & December 11 • 7 to 8:15 p.m. • We sing short, easy-to learn, comforting songs, many of which come from the Threshold Choir repertoire. You can sing along, lead a song for our friendly, welcoming group (usually a dozen people), or simply listen. FREE, donations accepted. For more information visit interfaithspirit.org or mattwatroba.net.

Cafe 704 with Interfaith Center for Spiritual Growth • Friday, September 13, October 11, November 8, & December 13 • 7 to 9:00 p.m. • Live music in a smoke- and alcohol-free venue, in person or livestream on Zoom. Schedule as follows: PATH (Sep. 13), Paul Vornhagen & Aron Kaufman (Oct. 11), Emily & Sam Slomovits featuring music of Joni Mitchell (Nov. 8), Marlena Studer and Steve Ragsdale (Dec. 13). For more information visit interfaithspirit.org.

Community Sound Bath with Rob Meyer-Kukan • Tuesday, September 9 AND/OR Wednesday, & October 3 AND/OR Friday, November 7 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. September sound bath theme: chakra balancing sound bath; October sound bath theme: cosmic journey of sound; November sound bath theme: gratitude. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Daytime Sound Bath with Rob Meyer-Kukan • Wednesday, September 17 AND/OR Thursday, October 16 from 1 to 2:00 p.m. AND/OR Wednesday, November 19 from 10 to 11:00 a.m. • Join sound therapist, Rob Meyer-Kukan, at 7 Notes Natural Health for this daytime sound bath for busy souls. Relax into a zero-gravity chair and float into this time of deep relaxation. October resonant relaxation theme: a journey out of this world; November resonant relaxation theme: grateful. $40. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

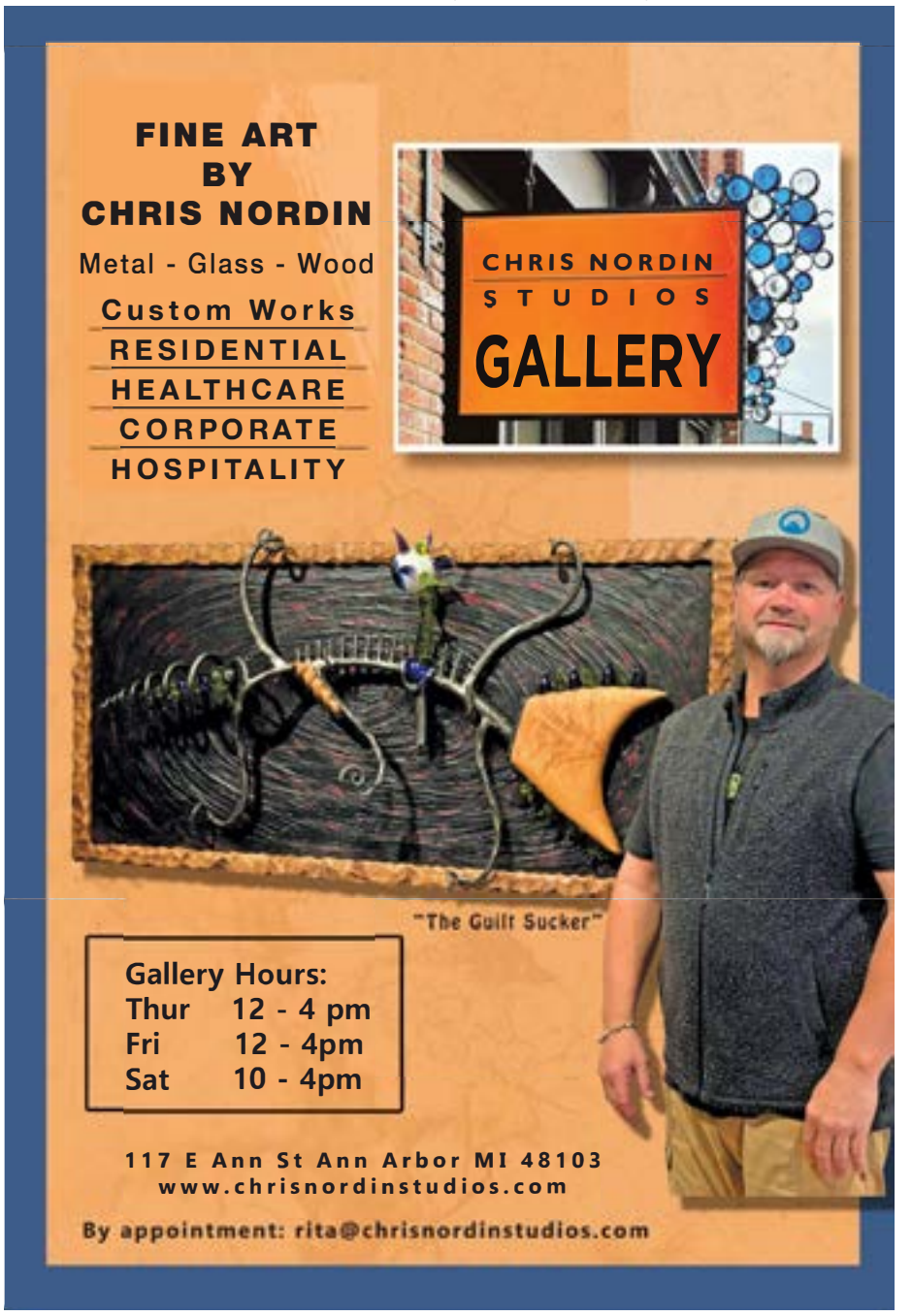
Candlelit Sound Bath with Rob Meyer-Kukan • Friday, October 19 • 7 to 8:15 p.m. • Join Rob Meyer-Kukan for this candlelit sound bath meditation at thePARC in downtown Plymouth, Michigan. Rob will play metal and crystal singing bowls, chimes, and more in a sound bath that will wash you with sounds intended to bring calming vibrations to reduce stress and ease tension celebrating our beautiful, creative, and amazing emotions. $40. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Breathing in My Autumn Body: Qigong, Breathing, Sound, Visual Journaling, and Seasonal Tea with Mary Ledvina & Jennifer Flynn • Saturday, October 25 • 1 to 4:00 p.m. • Qigong with acupressure and breath will help you move in harmony. The sound bath will focus on your breath. Then you will express your breath on paper with words or lines. Next, do a simple art exercise with the seasonal elements that needs no art experience. End with sharing and a calming tea. $75. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Kath Weider & Spirit Singing Band • Friday, November 14 • 7 to 9:00 p.m. • Join lead vocalist, Kath, plus band members, Lori Fithian, Sam Clark, Dan Bilich, and special guests for an evening of songs, song prayers, chants, and improvisational "circle singing," inspired by the work of Bobby McFerrin and his Voicestra. $15 / all donations welcome. For more information visit interfaithspirit.org.

Naturopathy

Year-Long Natural Medicine Certification with Mary Light • Begins October 4 • Gain practical and applicable methods of traditional naturopathy to form a foundational background; integrate natural medicine treatments and principles into daily and professional life. In each class, topics and experiences of traditional natural medicine are introduced, demonstrated,



MYSTIC MARKET
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and practiced, with immediate benefits. $2,850. For more information visit naturopathicschoolofannarbor.net.

Peace

Peace Generator with Craig Harvey • Friday, September 19, October 17, November 21, & December 19 • 7 to 9:00 p.m. • Join our silent circle, in person and on Zoom, as we meditate on or pray for healing, miracles, and peace within ourselves and across the globe. FREE, donations gratefully received. For more information contact Craig at peacegenerator2001@gmail.com.

Personal Growth

Everything's Working Out Perfectly with Karen Greenberg • Sunday, Sept 7, 14, 21, & 28, October 5, 12, 19, & 26, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • Times TBA • Have you ever felt so overwhelmed with so many things to do that you become very anxious and don't even know where to begin? Then this devolves into you becoming more disorganized, inefficient, and unproductive? Then, Everything's Working Out Perfectly, is perfectly suited for you! Please come and join us! Class format (3+ people) - $100 per person, 3-hour session. For more information contact Karen at (734) 417-9511, emal krngrnbg@gmail.com, or cvisit clair-ascension.com.

The Circle of Embodied Men with Dan DeSena • Wednesday, September 10, & 24, October 8 & 22, November 5 & 19, December 3 & 17 • 8 to 10:00 p.m. • Step into a space designed to help you connect with your body, explore healthy masculinity, and build meaningful relationships. This is more than a men's circle—it's a journey of growth and purpose. $30/session. For more information contact Dan at (734) 368-7819 or email desenadan@gmail.com.

Ann Arbor Nonviolent Communication Immersion Program Autumn 2025 with Lisa Gottlieb • Saturday, September 20, October 18, November 15, & December 13 • 1 to 5:00 p.m. • Join Lisa Gottlieb MSW, Certified trainer with the Center for Nonviolent Communication for this four-month NVC program. Interactive and experiential, for all levels of NVC proficiency. All dates sliding scale $100-$300. For more information contact Lisa at (734) 417-1144, email nvclisagottlieb@gmail.com, or visit lisagottlieb.com.

Looking into Loneliness with Bryan Gregory • Saturday, September 27 • 10:00 a.m. to 2:30 p.m. • This workshop will explore our social context and why loneliness is such a widespread problem, how we can better understand ourselves and our relational attachment styles, and some practical ways that we can overcome the problem of loneliness and build stronger relationships and communities. Cost: $35 in person/live streamed. For more information contact the Weber Center at (517)-266-4000 or visit webercenter.org.

Reiki

Usui System of Reiki Healing, First Degree with Suzy Wienckowski • Saturday, September 27 from 10:00 a.m. to 5:00 p.m. & Sunday, September 28 from 10:00 a.m. to 1:00 p.m. • Reiki is a hands-on healing practice that promotes balance of the body/mind/spirit allowing you to feel and function better. Reiki is an invaluable resource for self-care and for bringing healing touch to others. Class includes, Reiki history, spiritual precepts, treatment form for yourself and others, and individual initiations. $200. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Usui/Holy Fire® Reiki I and II Certification with Andrea Kennedy • Monday, October 6 & Tuesday, October 7 • 9:00 a.m. to 6:00 p.m. • This immersive two-day Reiki I & II class is designed for beginners. Through lecture, discussion, and guided practice, you'll learn Reiki history, hand positions, Japanese techniques, distance healing, and more. Experience four healing meditations, receive Level I and II attunements (placements), and gain the confidence to treat yourself and others. With real-life stories, hands-on practice, and personalized guidance, this in-person class offers a powerful introduction to Reiki. No experience needed. Additional dates taught live online. Located at the Residence Inn by Marriott ,120 West Huron Street, Ann Arbor, Michigan 48104. $1,095. For more information email Andrea at contact@mainstreamreiki.com.

Usui System of Reiki Healing, Second Degree with Suzy Wienckowski • Saturday, October 25 from 10:00 a.m. to 5:00 p.m. & Sunday, October 26 from 10:00 a.m. to 1:00 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. (First Degree training is a prerequisite.) $500. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Restorative Yoga & Reiki-Lithotherapy Workshop with Andrea Astley Dinsdale of Crysterra Wellness • Friday, December 12 • 7 to 8:30 p.m. • Enjoy this gentle, calming yoga practice paired with the healing benefits of Reiki-Lithotherapy. This deeply nurturing and informative workshop teaches stress/anxiety reduction with appropriate crystals placed on the body as well as a mini-Reiki/Lithotherapy session from the instructor. Suitable for all fitness and experience levels. $30/$35. For more information visit crysterrawellness.com.

Retreats

Re-Energize Your Life Retreat with Drs. Will and Wendy Page-Echols • Friday, September 5, through Sunday, September 7 • Respite for those needing a reset or experiencing burnout. Ideal for caregivers, healthcare workers, teachers, or anyone feeling overwhelmed. Enjoy yoga, meditation, and stress-relief workshops. Gain tools for lasting balance and connect with others in a supportive, restorative weekend. Commuter rate: $150. Lodging fees vary by accommodation and include all meals. You'll select and pay for lodging during registration. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Finding our Still Center in the Midst of the Storm with Barbara Brodsky, Aaron, & John Orr • Friday, September 12 through Thursday, September 18 • Amid today's chaos, this retreat offers a path to stillness and clarity. Grounded in Noble Silence, Vipassana, Pure Awareness, and loving-kindness practices, it includes meditation, Dharma talks, and group meetings. Join us to cultivate wisdom and compassion—and to meet the world's storms with a steady heart. Lakeside sessions offered, weather permitting. Single occupancy: $1,150; double occupancy: $950. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Daylong Meditation Retreat with Carol Blotter • Saturday, September 13 OR December 6 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of the Michigan Friends Center in Chelsea.. Appropriate for all levels of meditators. Suggested Donation $30-$60 or what you can afford. For more information contact the MFC at Manager@mfcenter.org.

Nature's Portals: Doorways to Inspiration and Well-Being with Bruce & Carol Malnor • Friday, September 26 through Sunday, September 28 • Like autumn leaves, let go and relax into nature's beauty. This fun and restorative weekend blends interactive group activities with quiet reflection, meditative walks, and simple nature-based practices. Reconnect with yourself and the natural world while gaining tools for balance, renewal, and inner peace during this transformative season. Commuter rate: $150, Lodging fees vary by accommodation and include all meals. You'll select and pay for lodging during registration. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Five-Day Fall Meditation Retreat with Haju Sunim • Wednesday, October 8 through Sunday, October 12 • This retreat is an intensive period of Zen practice geared toward the experienced student. Cost is $60/day, $50/day for members. Partial attendance can be arranged. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Inside Tara's Mandala: Invoking Inner Strength through the Practice of Visualization & Protection with Khenpo Tshering Chophel • Friday, October 10 through Sunday, November 2 • Tara is the great protectress who removes obstacles for those who know how to enter her mandala through time-tested Vajrayana Buddhist practices, fulfilling all wishes and bringing us closer to ultimate reality. This retreat is designed for practitioners with some experience of meditation and Buddhism. $225 includes meals; optional overnight accommodations additional. No one turned away for lack of funds. Partial attendance is acceptable; the fee will be reduced accordingly. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Fall Yoga & Self-Care Weekend Retreat with Christy DeBurton • Friday, October 17 at 4:00 p.m. through Sunday, October 19 at Noon • Whether you are a new or experienced yogi, savor a peaceful weekend of self-care: yoga, nature, farm-to-table meals, good company, and time to unplug from the outside world. Pricing varies. See website for details. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Somatic & Parts Work Pathways for Healing Practitioners: Moving Voices with Carrie Hatcher-Kay, Kath Weider, & Stefanie Cohen • Sunday, October 26 • 9:30 a.m. to 5:00 p.m. • This full-day retreat for healing practitioners offers a unique and professional container in which to explore presence/self-essence. Together we will delve into realms where stillness, embodiment, imagination, sound/music, are called in as resources for the therapeutic setting and for one's own life. $175 before October 1st. For more information contact Kath at kathweider@gmail.com.

Advent Retreat with Carol Ann Gross • Sunday, November 30 through Thursday, December 4 • Listening to the ccripture, reflection on its meaning, meditation, and quiet contemplation of the word will provide the context for a retreat which prepares us all for living fully the liturgical call to recognize and

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accept this new experience of God which begins with Jesus the Christ. Cost: Commuter: $125; Double: $225; Single: $325. For more information contact the Weber Center at (517)-266-4000 or visit webercenter.org

Shamansim

Journey Circle with Judy Liu Ramsey • Thursday, September 4 & 18, October 2 & 16, November 6 & 20, December 4 & 18 • 7 to 8:30 p.m. • Twice monthly shamanic journeying for personal inner work on themes designed to help you through transitions and new cycles of your life. Pre-requisite: knowing how to journey. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Shamanic Extraction with Connie Lee Eiland • Saturday, September 6 from 10:00 a.m. to 9:30 p.m. & Sunday, September 7 from 10:00 a.m. to 4:30 p.m. • This class teaches ways to perceive and remove misplaced energy (called intrusions) in clients. In addition to multiple "methods" done in pairs, there will be individual journeys and an evening ceremony. A close relationship with helping spirits is required as well as Introduction to Journeying or Way of the Shaman. $275 until August 18, then $325. For more information contact Connie at (248) 809-3230 or email clshebear7@gmail.com.

Art as Spiritual Practice: The Art of Shamanism with Rocky Shadowbear Rains • Monday, September 20 from 11:00 a.m. to 8:00 p.m. & Tuesday, September 21 from 11:00 a.m. to 4:00 p.m. • In this weekend workshop we will be creating three of the shamans most powerful tools: a staff, ancestor spirit knife, and an ally bundle (spirit bag). Participants will also learn methods of empowering these objects, as well as the basics of shamanic journeying. Saturday evening will also feature a drumming circle and campfire. $195; includes all materials and lunch both days. For more information contact Rocky at (734)799-7502, or email rainsrocky4@gmail.com.

Basic Journeying: The Art of Shamanism for Practical & Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, September 27 & Sunday, September 28 • 9:00 a.m. to 3:00 p.m. • Shamanic journeying is an easy and powerful tool used to access spiritual information. The class introduces you to shamanism and to easy techniques that will help you move safely andintentionally through the world in a balanced way. This class is a prerequisite to more advanced shamanic studies; taught online via Zoom. $160 per person/$80 for repeat students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Introduction to Journeying with Connie Lee Eiland • Sunday, September 28 • 10:00 am to 5:00 p.m. • This six-hour class includes power animal retrieval and journeys to upper, lower, and middle worlds. Journey is with drums and rattles. Class is in person in Southfield. $80 until September 9, then $100. For more information contact Connie at (248) 809-3230 or email clshebear7@gmail.com.

Shamanism, Death, & Dying with Connie Lee Eiland • Saturday, October 25 & Sunday, October 26 • 10:00 a.m. to 5:00 p.m. • This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach transition. This class includes individual and group psychopomp, which is helping souls cross over. $200 until October 11; $230 after. For more information contact Connie at (248) 809-3230 or email clshebear7@gmail.com.

Creating Safety and Sacred Space with Connie Lee Eiland • Thursday, November 9 • 10:00 a.m. to 4:30 p.m. • Creating safety is important not only for all attending, but also to strengthen the work. This class gives you practices, journeys, ways of looking at safety and sacred space that will serve you and your clients. It is experiential. You will clear space before and after and set an altar together becoming aware of the aliveness of all beings. $100 until October 25, then $130. For more information contact Connie at (248) 809-3230 or email clshebear7@gmail.com.

Spiritual Development

Sufi Gathering with Imam Kamau Ayubbi • Ongoing Tuesdays • 7 to 8:00 p.m. • An evening of discussion and Sufi chanting on Zoom. A donation of $5-$10 is suggested. For more information visit interfaithspirit.org.

The Missing Piece: Connecting With and Cultivating Your Personal Relationship with G-D with Karen Greenberg • Sunday, September 7, 14, 21, & 28, October 5, 12, 19, & 26, November 2, 9, 16 & 23, December 7 & 14 • 1:30 to 4:30 p.m. • Seven-month course. You will leave with a spiritual practice you design from tools/ways that resonate with you. Find the divinity in yourself and others; connect, trust, surrender, serve; be comforted, healed, protected, guided by G-D for your soul's purpose, dreams, challenges, lessons; possibly find community. Class format (3+ people) - $100 per person, three-hour session. Private with Karen - contact for fee. For more information contact Karen (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

That Which is Already Awake is the Path: Awakening to the Joy and Unconditional Love Within with Barbara Brodsky, Aaron, & John Orr • Tuesday, September 9 & 23, October 7 & 21, November 4 &18, December 2 & 16 • 6:45 to 9:00 p.m. • Each class blends meditation instruction with shared exploration. Sessions include a talk from Aaron, time for questions, and related practice. Together, we remember what is already awake within us and the practices that support resting in presence. How do we meet life's challenges with clarity, compassion, and deep, grounded participation in a changing world? For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Do Humans Have a Future—and How Do We Get There?" With John Beck & Others • Tuesday, September 9, 16, 23, & 30, Oct 21 & 28, November 4 & 11 • 7:15 to 9:00 p.m. • Known for deep consciousness research and practical initiatives growing worldwide, Rudolf Steiner is a midwife to an emerging global civilization. In September we'll address what new generations face: AI, climate chaos, persistent brutal warfare, and social-political strife. How can a larger understanding of being human equip us to raise the standards of our own lives and move humanity toward planetary collaboration? Part two in October-November will present in each evening several instances of life-changing, Steiner-inspired initiatives. FREE, donations welcome. Located at the Rudolf Steiner House, 1923 Geddes Ave., Ann Arbor, MI 48104. For more information contact John at (718) 644-7913 or email jhbeck23@gmail.com.

Words of the Teachers: An Open Mic Tribute to the Masters with Chandra Mitchel • Friday, October 17 • 7 to 8:30 p.m. • Gather with us in Crazy Wisdom's upstairs Celestial Lounge for candlelit readings of selected writings from revered spiritual teachers such as Rumi, Ram Dass, Hafiz, or Krishnamurti. This open-mic event is designed to foster a sense of community, spiritual reflection, and creative expression in a serene atmosphere. FREE; please consider a suggested donation of $5. Want to join our list of readers for the evening? Email events@crazywisdombookstore.com to sign up! For more information contact Chandra at chandra@crazywisdombookstore.com.

Transforming Consciousness with Diarmuid O'Murchu • Saturday, October 25 • 9 a.m. to 2:00 p.m. • How the evolutionary consciousness of our time is changing our understanding of religion and leading many people toward a more adult appropriation of faith. This event will be divided into input from our speaker, group discussion, and interaction with Diarmuid. Cost: $55.00 in person/on Zoom. Registration required. For more information contact the Weber Center at (517)-266-4000 or visit webercenter.org

Stress Management

Free Focus Café: Embodied Coworking on Zoom with Debra Hopper • Thursdays, September 4, 11, 18, & 25, October 2, 9, 16, 23, & 30, November 6, 13, & 20, December 4, 11, & 18 • 10 to 11:00 a.m. • Join us for an hour of calm, focused productivity. Begin by naming your intention, settle in with a short embodiment practice, then work quietly in good company. Wrap up with light accountability. Ideal for remote workers, students, creatives, and anyone who benefits from structure, support, and showing up. FREE. For more information contact Debra at (734) 355-6656, email hello@debrahopperonline.com, or visit debrahopperonline.com.

Sustainable Living Skills

Natural Building Training Program with Deanne Bednar • Monday, September 1 through Sunday, September 28 • Experience a variety of natural building skills while living and learning on-site at Strawbale Studio. Classes and hands-on experience in foundation, round pole framing, thatched and living roof, strawbale walls, earth plaster, and cob. Enrichment: experience earth oven, foraging, mushroom log fruiting, and more. $1250 / $950 1 month in advance. Includes room and board. Some partial-pay worktrade hours are available. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

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Sustainable Living Skills continued...

Learning Tour at Strawbale Studio with Deanne Bednar • Sunday, September 14 • 10:00 a.m. to Noon • Tour the Strawbale Studio and other enchanting natural buildings with thatched and living roofs, strawbale walls, earth plasters, and sculptures! See rocket stoves, earth oven, mushroom garden, and more! Ask lots of questions. Consider registering for the workshop scheduled for that day. $20. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Worktrade Program at Strawbale Studio with Deanne Bednar • Tuesday, October 7 through Friday, October 31 • Live on-site at Strawbale Studio and help out 30 hours a week (garden, grounds, maintenance/repairs, office, and natural building-related work) in exchange room, board, and weekly sustainable living skills such as spoon carving, earth sculpting, and more. Nature, purpose, contribution, learning! 30 hours of worktrade/week. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Tai Chi, Martial Arts, and Self Defense

Beginner Tai Chi with Master Wasentha Young • Ongoing Mondays from 10 to 11:15 a.m. AND/OR Thursdays from 6 to 7:15 p.m. • Tai Chi, often characterized as a moving mindful meditation, is a series of postures linked together in a continuous flow. It integrates the mind and body, promotes relaxation, as well increases balance and concentration. You can attend both sessions at no extra cost! $225; semester begins September 8. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Chen Tai Chi Chuan with Joe Walters • Ongoing Tuesdays AND/OR Thursdays from 5 to 6:00 p.m. AND/OR Saturdays from 9:30 to 10:30 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Instruction in stance training, coiling exercises, and Chen forms. FREE. For more information contact Joe at nnarbortaichi@gmail.com or visit annarbortaichi.com.

Continuing Tai Chi with Carmo Ribiero • Monday, September 1, 8, 15, 22, & 29, October 6, 13, 20, & 27, November 3, 10, 17, & 25, December 1, 8, 15, 22, & 29 • 4:30 to 5:30 p.m. • Go beyond the basic principles of Beginners Tai Chi. The movements of Tai Chi are performed in a slow, relaxed fashion and provide numerous mental, physical, and spiritual benefits. Tai Chi has proven to reduce stress, improve balance, focus, memory, and concentration and increase strength, flexibility, and overall well-being. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Beginner Tai Chi with Carmo Ribiero • Wednesday, September 3, 10, 17, & 24, October 1, 8, 15, 22, & 29, November 5, 12, 19, & 26, December 3, 10, 17, 24, & 31 • 4:30 to 5:30 p.m. • Whether you are completely new to Tai Chi or need to practice the fundamentals, learn about this "moving meditation" to help activate and stretch your muscles in a slow, gentle manner. No special clothing or equipment are required. Tai Chi helps to improve mental and physical wellness. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Advanced Tai Chi with Stuart Eddy • Friday, September 5, 12, 19, & 26, October 3, 10, 17, 24, & 31, November 7, 14, 21, & 28, December 5, 12, 19, & 26 • Noon to 1:00 p.m. • Go beyond the basic principles of Beginners Tai Chi with movements performed in a slow, relaxed fashion and provide numerous mental, physical and spiritual benefits. Tai Chi has proven to reduce stress, improve balance, flexibility, focus, memory and concentration and increase strength, flexibility and overall well-being. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Wu Style Tai Chi Chaun with Marilyn Feingold • Sunday, Sept 7, 14, 21, & 28, October 5, 12, 19, & 26, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in - $5 per session collected at the door. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Free Try-It Adult Tang Soo Do (Korean Martial Art) • Wednesday, September 10 • 7:45 to 8:30 p.m. • Free Try-It class for ages 18+ to try Tang Soo Do, a Korean martial art. Learn basic blocks, strikes and kicks. If you enjoy the class, sign up for an eight-week session following and earn your yellow belt. No experience needed, all fitness levels welcome. FREE. For more information contact Lynda at (248) 739-0841, email balancepoint.fitness@gmail.com, or visit balancepointfitnessa2.com.

Wild Wellness at Mother Bear SANCTUARY and Retreat Center

By Cashmere Morley

Barbra White, co-founder of Mother Bear Sanctuary and Retreat Center, believes that all living beings are deeply interconnected. "It's kismet," she explained, that just as she was longing to spread the word about her retreat center, which opened in 2018, *The Crazy Wisdom Journal* came calling for an interview. "I feel like I've been in a cooking pot for 30 years in this work, but here, specifically with Mother Bear Sanctuary for the last eight years, I feel like I'm saying to the universe, 'I'm ready. I'm ready.' So when [the *Journal*] called, I thought, 'kismet.'"

Mother Bear Sanctuary, similar to a mother bear found in the wild, protects and honors each person and animal that finds their way to the sprawling ten-acre compound. Founded as both a working animal sanctuary and a retreat center, White and her partner, Dave Tuscany, host a variety of programs designed to heal trauma, build community, and inspire reconnection with the natural world. At Mother Bear, it's believed that everyone carries a "Mother Bear" within—an inner guardian ready to awaken and protect the sacred both inside and around them. From ecological therapy and embodiment workshops to firewalking ceremonies and present-based healing with rescue animals, Mother Bear's offerings are grounded in the belief that personal wellness and planetary wellness are inseparable.

AT MOTHER BEAR, IT'S BELIEVED THAT EVERYONE CARRIES A "MOTHER BEAR" WITHIN–AN INNER GUARDIAN READY TO AWAKEN AND PROTECT THE SACRED BOTH INSIDE AND AROUND THEM.

"These [principles] are so simple, but they are so lost in today's society. These are ideas that you used to learn from your auntie, and we used to have the inner knowledge that we were not so separated from each other and nature. And I feel like I'm bringing the basics back to people," said White. "Like, 'okay, this is how we come back into our bodies. This is how we feel our legs again. You're more than just a floating head of thought.'"

Mother Bear was born out of the need for a deeper connection between humans and nature. White was no stranger to bodywork therapies and the effects it can have when paired with the greater understanding of the interconnectedness of the world we live in. After years in the bodywork field, working for other companies, she began to feel like she could offer more of herself and her work if she was able to procure a healing space of her own. The seeds were planted, but the journey to bear the fruit of her labors was long.

"I always say, 'have a vision, but take baby steps and do whatever you can do,'" said White, who knew that starting her own practice was the next step. "Following my own advice, I rescued some chickens from one of my old self-acceptance process students. She'd gone through [bodywork] training with me, and she'd also been retired from Head Start. [Head Start delivers early learning, health, and family well-being services to children ages three through four.] I got the inner voice that said, 'reach out to her'. So, I reached out to her, and we started doing self-love, mindfulness, nature, and awareness practices with Head Start kids. And it was a huge success. They all loved it. We got more and more requests. And then Covid hit."

White saw the impact the sessions were having on the kids firsthand. Without a space to continue her practice during Covid shutdowns, she knew she needed to find a property to establish her healing work again when the world opened back up. When Covid came, White noticed people's pain surfaced in a poignant and potent way.

"During that time, we had to face our families, and we had to get still. And so we went, 'Oh, you mean all this pain that I experienced as a kid, or all that anger I have, it's still there?' Everything's coming to the surface right now. It's like everything's getting worse. It's a breakdown for a breakthrough. This is the vision I'm holding for people and humanity." Watching the world unravel in real time during the pandemic opened her eyes to how much the world needed a space to truly connect, not just to ourselves again, but to Mother Nature's lifeforce.

"Like with any dream, it takes 1000 steps," said White. "But if we stay open and we banish all doubt in favor of faith, things will work out. And sometimes you have to do that 500 times, right? Not just once. The question became, how do I create this place where people could remember who they are and connect back to nature? And I felt stuck."

When she found herself in times of trouble, Mother Bear came to her. She sold her house, gave away all her belongings, and started to live with friends until the next step became clear. In the meantime, she connected with her partner about the idea, and they were able to bring their resources together to buy the land where Mother Bear now rests. "It all came together," said White. "Kismet again."

Dave Tuscany and Barbara White, owners of Mother Bear Sanctuary.

Read the Rest of the article online!

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Tarot and Divination

Highest Guide Tarot & Channeling with Mari Ziolkowski • Ongoing Thursdays • 2 to 7:00 p.m. • Highest guide meditative tarot, light language channeling, herbal healing divination, Andean Mesa clearing and healing. Offered by appointment. $2 dollars a minute. For more information contact Mari at (505) 484-9134, email mari.p.ziolkowski@gmail.com, or visit sparklegoddessspiritualservices.com.

Tarot & Oracle Readings at Crazy Wisdom with Nina McDermott • Ongoing Fridays from 2 to 7:00 p.m. AND/OR Ongoing Saturdays from 3 to 7:00 p.m. • Intuitive Tarot & Oracle Readings with Nina provide clarity, guidance, and deep understanding. Ask a question or see what the cards have to tell you about what's going on in relationships, your spiritual path, or life challenges. Three card—$20, five card—$45, nine card— $65. For more information contact Nina McDermott (323) 363-4807, email nina@seeseehealing.com, or visit seeseehealing.com.

Intuitive Guide & Oracle Card Reader with Deborah Cherrin • Ongoing Saturdays from Noon to 5:00 p.m. & Sundays from Noon to 3:00 p.m. • Through her heartfelt approach and psychic awareness, Deborah uses tarot and oracle cards to help clients find comfort, clarity, and healing in all aspects of their lives. Deborah empowers others to trust their intuition and tap into their inner strength, fostering personal growth and transformation. $2 per minute. No services offered the final weekends of each month. For more information contact Deborah at debcherrin@gmail.com or visit wiseowlartandspirit.com.

Dance & Divination with Mylita Benjamin • Friday, September 19, October 17, November 21, & December 19 • 7:30 to 9:00 p.m. • Using guided movement meditation, journaling, and ritual to explore the art of divination. there will be time for sharing in community, as well as additional support from our guide, Mylita. This is an LGBTQ+ and BIPOC safe space! Bring a Yoga mat, eye cover, journal, and water bottle. No dance or divination experience necessary, all levels welcome! $140. For more information contact Mylita at mylitabenjamin@gmail.com.

Theater

Dry Summer by Robert Axelrod with Theater NOVA • Friday, October 10 through Sunday, November 2 • Fridays at 8:00 p.m., Saturdays at 3:00 p.m. & 8:00 p.m., Sundays at 2:00 p.m. • Depressed and longing to get his life back on track, gay, Jewish, twenty-something Ethan returns to his Ann Arbor family home. When he takes a job as a "sober companion" to his recovering alcoholic neighbor, an unconventional friendship ensues. Full of Ann Arbor references, this charming and nostalgic play takes us all home. Tickets: General $30 / 65 & over $25 / Students $15. For more information contact Theater NOVA at (734) 635-8450, email a2theatrenova@gmail.com, or visit theatrenova.org.

DJ Whittington's Kool Kat: A Hip-Hop Panto by Carla Milarch & R. MacKenzie Lewis • Friday, December 5 through Sunday, January 4 • Fridays at 7:30 p.m., Saturdays at 3:00 p.m. AND 7:30 p.m., Sundays at 2:00 p.m. • The holiday hilarity of our annual Panto returns. Bring the whole family to this rollicking all-ages entertainment with a hip-hop twist. Cheer the hero, boo the villain, and enjoy original tunes and kid-friendly parodies of popular hip-hop song—set to The Kool Kat's sick beats. Directed by Mike Sandusky. Single tickets: $32 for adults, $12 for kids 16 years and under. For more information contact Theater NOVA at (734) 635-8450, email a2theatrenova@gmail.com, or visit theatrenova.org.

Writing and Poetry

Plein Air Poetry: Inspiration & Observation with Mary Ledvina • Wednesday, September 10 • 6 to 8:00 p.m. • Go out with me into the wild world to give some wildness to your writing. We will find a spot or spots to be in nature and use prompts for poem writing as well as hear some examples and some of the processes of nature poets. You can live an hour as a nature poet and have epiphanies and deep thoughts under the trees. $45-$60. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Crazy Wisdom Poetry Workshop with Edward Moring, David Jibson, & Lisa Perrin • Wednesday, September 10, October 8, November 12, & December 10 • Informal writers' workshop. All welcome. Participants read the draft of a

The Crazy Wisdom Calendar

poem or short fiction for positive, constructive comments by peers. Workshops are held online via Zoom. For more information contact cwpoetrycircle@gmail.com or visit cwcircle.poetry.blog.

Writing about Garden & Place with Peggy A. Alaniz • Thursday, September 11 • 6 to 8:00 p.m. • This workshop will concentrate on capturing a natural setting such as your garden, outdoor space, plants or any natural scenery. Techniques will include sketching, meditating and listening to what the place is trying to tell you to write as an artist. All proceeds will be donated to Ann Arbor Farm and Garden including any book sales. $15. For more information contact Peggy at paalaniz.email.me@gmail.com.

Writing Workshop: Reckoning with Tarriane DeYonker • Saturday, September 20 • 1 to 4:00 p.m. • Join us to explore differences through creative writing, reading our work, and receiving feedback on our fresh work. Beginning and experienced writers are welcome. Cost: $35.00 In person/Zoom. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Plein Air Poetry: Short Forms with Mary Ledvina • Wednesday, October 1 • 6 to 8:00 p.m. • Go out with me into the wild world to give some wildness to your writing. We will go to aspot either in nature or in the conservatory and we will write short form poems from prompts after reading some examples of Haiku and Limerick. You can live an hour as a nature poet and have epiphanies and

Writing Workshop: Nature's Teaching on Letting Go with Tarriane DeYonker • Saturday, October 18 • 1 to 4:00 p.m. • In this workshop we will have opportunities to look at our own—and others'—process of letting go. This is a hybrid workshop. Cost: $35.00 In person/Zoom. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Plein Air Poetry: Craft with Mary Ledvina • Wednesday, October 22• 6 to 8:00 p.m. • Go out with me into the wild world to give some wildness to your writing. We will discuss how to make your notes about nature into poems; then you will go to a sit spot and try out your own poem making. You can live an hour as a nature poet and have epiphanies and deep thoughts under the trees. $45-$60. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Plein Air Poetry: Revision with Mary Ledvina • Wednesday, November 12 • 6 to 8:00 p.m. • Go out with me into the wild world to give some wildness to your writing. Bring your poem drafts and will discuss and give you space to revise your work. $45-$60. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Writing Workshop: Anticipating Holidays with Tarriane DeYonker • Saturday, November 29 • 1 to 4:00 p.m. • This workshop will explore both our anticipation of them and our memories of holidays past, noting how each affects the other. Come join us in writing, reading our work, and giving feedback on each other's writing. Beginning and experienced writers will find this opportunity helpful. This is an in-person workshop. Cost: $35.00 In person/Zoom. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

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Yoga

Iyengar Yoga with David Rosenberg • Mondays from 6 to 7:30 p.m. AND/OR Thursdays from 7 to 8:30 p.m. AND/OR Saturdays & Sundays from 10 a.m. to 11:30 a.m. • Semester begins September 15th. Experience invigorating yoga postures using Iyengar methods to provide strength, flexibility, and balance. Create a feeling of well-being, reduce stress, and release tension. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. $125 for the 10-class session. For more information contact David (734) 646-4195, email massage4@aol.com, or visit aarecedonline.com.

Wild Goose Qigong with Master Wasentha Young • Ongoing Tuesdays from 6 to 7:00 p.m. AND/OR Thursdays 10 to 11:00 a.m. • The Wild Goose Qigong Form—continuous movement using imagery, yogic like stretching, touching acu-points, and engaging with universe, nature, and earth energies. Come Tuesdays (hybrid) and/or Thursdays (in-person) same price. Not wheelchair accessible. $225 for semester; begins September 9. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Yoga with David Black • Ongoing Tuesdays • 6:30 to 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. Classes fill up quickly, so early registration is necessary; semester begins September 9. $12 per session. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Yoga for Athletes & More with Yoga House Ann Arbor • Ongoing Wednesdays • 6 to 7:30 p.m. • Anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. For more information visit yogahouseannarbor.com.

Hatha Yoga with Sam Lieberman • Ongoing Thursdays • 9:15 to 10:15 a.m. • Grounded, breath-led movement that builds strength, balance, and calm from the inside out. Drop-in $18 per session. 10% senior discount. Packages for yoga programs are available. Cash or Venmo at the door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yoga Stretch with Samantha Lieberman • Ongoing Thursdays • 10:20 to 11:20 a.m. • A full-body reset with intentional stretching to release tension and move with more freedom. Drop-in $18 per session. 10% senior discount. Packages for yoga programs are available. Cash or Venmo at the door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Golden Lotus Hatha Yoga Classes with Song of the Morning Yoga & Meditation Retreat • Ongoing Saturdays • 2 to 3:30 p.m. • Taught in the Golden Lotus Yoga style developed in the 1950s by Yogacharya J. Oliver Black, a direct disciple of Yogananda, these classes are slow-paced, meditative, and designed for all levels of experience. Each class includes short meditations and is infused with spiritual inspiration to attune you with the sacred being that you are. FREE, donations accepted to support free class offerings. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Gentle Flow Yoga with Caitie Shaughnessy • Monday, September 1, 8, 15, 22, & 29, October 6, 13, 20, & 27, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 11 a.m. to Noon • Gentle Flow Yoga is the perfect experience for anyone who enjoys yoga and would like a gentle to moderate level of challenge. The class incorporates breath work, standing flow sequences, prone and supine work, and different anatomical areas of focused support as well. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Ashtanga with Sandra Allen • Tuesday, September 2, 9, 16, 23, & 30, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 9 to 10:00 a.m. • Ashtanga yoga is a regimented series of asanas "postures" that are connected to the breath. The focus in this class is the first

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Anne Erlewine Art Exhibition

Venue:
Crazy Wisdom Bookstore Gallery

Date:
November 1st through 30th

Opening Reception will be November 5th

Anne Erlewine works from her studio in Ann Arbor, Michigan. Anne's paternal grandmother was a fine artist who encouraged Anne to develop her skills early on. Anne received a running scholarship at the University of Michigan where she studied art and writing.

She also studied intensive watercolor painting and figure drawing at Naropa Institute in Boulder, Colorado, during the Beat Generation reunion.

Check out her artwork at anneerlewine.art.

For more Info email Chandra: chandra@crazywisdombookstore.com

half of the primary series. Students may advance or modify as guided by the instructor. Ashtanga is foundational for any yoga class for proper alignment and strengthening. Set an intention to challenge yourself. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Yoga Essentials with Laurie Dean • Tuesday, September 2, 9, 16, 23, & 30, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 10:30 to 11:30 a.m. • Participants will learn the building blocks of yoga practice. These classes are great for beginning and intermediate level practitioners looking to establish good form, balance, and flow in their practice. Your instructor will lead you through basic and gentle standing and seated poses and you will learn about the healing benefits of Yoga. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Hatha Yoga with Wendy Dolen • Tuesday, September 2, 9, 16, 23, & 30, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 5 to 6:00 p.m. • Hatha yoga is a branch of yoga primarily concerned with mastery of the body. The term is derived from the Sanskrit '*ha*', meaning sun, and '*tha*', meaning moon, leading to the common interpretation that Hatha practices are designed to unite and balance these two energies. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Hatha-Flow Yoga for Wellness (Beginner/Level 1— Intermediate/Level 2) with Andrea Astley Dinsdale of Crysterra Wellness • Tuesday, September 2, 9,16, 23, & 30, October 7 AND/OR Tuesday, October 28, November 4, 11, 18, & 25, December 2, 9, & 16 • 7:30 to 8:30 p.m. • Improve physical and mental balance, flexibility, strength, and stamina with this moderately challenging yoga practice. Vinyasa: "flow" through connection of breath and movement and Hatha: "sun and moon" balance and unification in Sanskrit. Suitable for those with a moderate fitness level, some experience with yoga is helpful although not necessary. $98/$108. For more information visit crysterrawellness.com.

Morning Flow Vinyasa Yoga (Beginner/Level 1—Intermediate/Level 2) with Andrea Astley Dinsdale of Crysterra Wellness • Wednesday, September 3, 10, 17, & 24, October 1, 8, 15, 22, & 29 AND/OR Wednesday, October 29, November, 5, 12, 19, & 26, December 3 &10 • 7:30 to 8:15 a.m. • Get up and get moving through a series of fluid postures flowing through sequences of sun salutations, standing and seated postures in this energizing early morning class. Emphasis is placed on linking breath with movement, increasing strength, flexibility, and stamina. This class is suitable for most fitness and experience levels. Virtual only. $98/$108. For more information visit crysterrawellness.com.

Healthy Aging: Yoga Sculpt with Laurie Dean • Wednesday, September 3, 10, 17, & 24, October 1, 8, 15, 22, & 29, November 5, 12, 19, & 26, December 3, 10, 17, 24, & 31 • 10 to 11:00 a.m. • Yoga Sculpt is designed to build bone strength through dynamic movement while using light weight. Participants can expect each class to consist of a light cardio warm up, movement and strengthening via weights, balance, posture/breath work, and a cool down stretch/mobility routine. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Yin Restorative Yoga with JT Quon • Thursday, September 4, 11, 18, & 25, October 2, 9, 16, 23, & 30, November 6, 13, 20, & 27, December 4, 11, & 18• 9 to 10:00 a.m. • Give yourself the downtime needed to quiet the mind, find a sense of peace, and stretch your body. Yin Restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing. Class is a mix of restorative yoga combined with yin yoga which will allow you to experience a rejuvenating and restful practice. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Hatha Yoga with JT Quon • Thursday, September 4, 11, 18, & 25, October 2, 9, 16, 23, & 30, November 6, 13, 20, & 27, December 4, 11, & 18 • 10:30 to 11:30 a.m. • Hatha yoga is a branch of yoga primarily concerned with mastery of the body. The term is derived from the Sanskrit '*ha*', meaning sun, and '*tha*', meaning moon, leading to the common interpretation that Hatha practices are designed to unite and balance these two energies. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Gentle Restorative Yoga for Stress & Anxiety Relief (Beginner/Level 1) with Andrea Astley Dinsdale of Crysterra Wellness • Thursday, September 4, 11, 18, 25, October 2, 9,16, & 23 • 7:30 to 8:30 p.m. AND/OR Thursday, October 30, November 6, 13, 20, & 27, December 4, 11& 18 • Relax and Restore with this gentle stress and anxiety relieving yoga practice. Create harmony and balance of body and mind through physical postures, breathing techniques, and an extended guided relaxation at the end of class. Suitable for most fitness and experience levels. $98/$108. For more information visit crysterrawellness.com.

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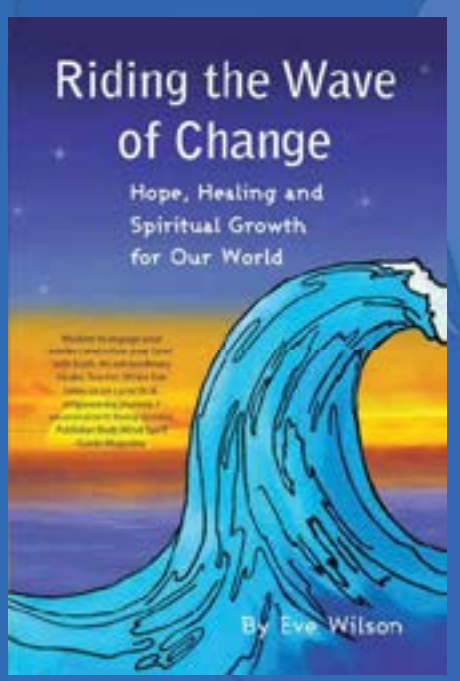

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You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
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Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
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CRAZY WISDOM

Friday Sept 12

All Original Live Music

Madeline and Brian (Fendrick & Peck) are a Minnesota based indie-eco-acoustic duo with well woven lyrics and harmonies, delicate yet driving instrumental composition, and quirky and kind personalities. They have been sharing wonderfully unique concert experiences for the past 10 years, blending song, story, poetry, and a love of the natural world and our place in it.

Fendrick and Peck
7:30pm at Crazy Wisdom

The Crazy Wisdom Calendar

Yoga Movement and Flow with Wendy Dolen • Friday, September 5, 12, 19, & 26, October 3, 10, 17, 24, & 31, November 7, 14, 21, & 28, December 5, 12, 19, & 26 • 10:30 to 11:30 a.m. • Learn the building blocks of a yoga practice and variations for postures and movement that work best for you. These classes are great for beginning and intermediate level practitioners looking to establish good form, balance, and flow in their practice. With guided instruction explore what works best for you. No prior yoga experience necessary. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

First Friday Micro-Retreat with Leslie Pertz • Friday September 5; October 3; November 7; December 5 • 5:15 to 8:30 p.m. • A collaboration with 7 Notes Natural Health, LLC and Peachtree Yoga, LLC. A series of three events held at one location, 60-minute yoga class, 20 minute guided/reiki meditation, and 90-minute sound bath. Come for one event, two events, or stay for all three for an evening of self-care to reset and refresh. You must register separately for each event. Sound bath $40; yoga and meditation are pay-what-you-can. For more information contact Leslie at info@peachtreewellnessmi.com or visit lesliepertz.com.

Slow Flow Vinyasa II/III with JT Quon • Saturday, September 6, 13, 20, & 27, October 4, 11, 18, & 25, November 1, 8, 15, 22, & 29, December 6, 13, 20, & 27 • 8:30 to 9:30 a.m. • Participants will learn the building blocks of yoga practice in a variety of introductory classes. These classes are great for beginning and intermediate level practitioners looking to establish good form, balance, and flow in their practice. Many classes are the perfect refresher of the fundamentals important to Yoga practice. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Vinyasa: Level I/II with JT Quon • Sunday, Sept 7, 14, 21, & 28, October 5, 12, 19, & 26, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 8:30 to 9:30 a.m. • An energizing practice that links breath to movement through a series of poses to form a continuous flow that helps improve strength, flexibility, and balance. This class is appropriate for those who are new to Vinyasa and provides challenge to those with experience seeking a stimulating practice. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Moving Through Grief with Zion Well Yoga • Wednesday, September 17 • 7:30 to 9:00 p.m. • Moving Through Grief is a gentle, grounding workshop designed to support you through the tender experience of loss. We'll begin with restorative yoga—a deeply nourishing practice where the body is supported in stillness, allowing the nervous system to regulate and the subtleties of emotion to move through. This intentional space creates room for clarity, connection, and healing. We'll close with a short, supportive conversation on grief in community. No experience needed—just bring yourself. 18+. For more information visit zionwell.com.

Humans: Divine Co-creators in the Cosmos with Barbara Brodsky, Aaron, Colette Simone, & Yeshua • Saturday, October 4, November 1, & December 6 • 11 a.m. to 3:00 p.m. • These workshops introduced the vast, multidimensional cosmos we inhabit and how humans contribute to the inter-cosmos collective. Guided by Aaron, Yeshua, and Spirit Friends, we explored honoring all beings, cultivating love-based discernment, and saying no to distortion. Now we deepen this work, exploring co-creation and humanity's role in expanding positive polarity in the multiverse. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Peaceful Dragon Rising Stretches with Master Wasentha Young • Thursday, October 23 & 30, November 6 & 13 • 8 to 8:40 a.m. • During these sessions you will learn 15 Qigong (energy work) stretches. This easy to learn routine offers a great way to start your day. The range of stretches, head to toes, are done from a standing or seated position and help to loosen up and relaxing muscles. Participants must be able to navigate one flight of stairs. $50. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Yoga Nidra Workshop with Andrea Astley Dinsdale of Crysterra Wellness • Friday, November 7 • 7 to 8:30 p.m. • Yoga Nidra promotes the production of low beta, increases and balances alpha and theta, and produces delta brainwaves. One hour of Yoga Nidra is said to be equivalent to four hours of restorative sleep! This gentle workshop pairs a calming yoga practice with guided Yoga Nidra Meditation. Suitable for all fitness and experience levels. $30/$35. For more information visit crysterrawellness.com.

Missed the calendar deadline for the fall issue of The Crazy Wisdom Community Journal? You can still submit to The CW Monthly calendar and have your event posted to our online calendar. Learn more here:

Submit my Event Listing

Submit your listing for the January through April 2026 issue!

Are you a new practitioner in town? Do you have a new class, workshop, or retreat offering? Did your new book just come out? Did you move to a new space? Just have some really exciting news?

If you would like to submit information to be considered for the What's New in the Community column for the winter issue, please email: communitynews@crazywisdom.net.

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BEAUTIFUL IT IS TO LET GO.
—Unknown